R-82FBST English 26/08/2004 08:56 Page A

SHARP

Important

R-82FBST
BUILT-IN MICROWAVE OVEN WITH TOP & BOTTOM GRILL AND CONVECTION

OPERATION MANUAL WITH COOKBOOK

OPERATION MANUAL

This operation manual contains important information which you should read carefully before using your microwave oven.

IMPORTANT: There may be a serious risk to health if this operation manual is not followed or if the oven is modified so that it operates with the door open.

900 W (IEC 60705)

ENGLISH

GB **Dear Customer,**

Congratulations on acquiring your new combi-microwave oven with grill and convection, which from now on will make your kitchen chores considerably easier.
You will be pleasantly surprised by the kinds of things you can do with a microwave.
Not only can you use it for rapid defrosting or heating up of food, you can also prepare whole meals.
In our test kitchen our microwave team has gathered together a selection of the most delicious international recipes which are quick and simple to prepare.
Be inspired by the recipes we have included and prepare your own favourite dishes in your microwave oven.
There are so many advantages to having a microwave oven which we are sure you will find exciting:

- Food can be prepared directly in the serving dishes, leaving less to wash up.
- Shorter cooking times and the use of little water and fat ensure that many vitamins, minerals and characteristic flavours are preserved.

We advise you to read the cookery book guide and operating instructions carefully.
You will then easily understand how to use your oven.

Enjoy using your microwave oven and trying out the delicious recipes.

GB

Information for Customers on environmentally friendly disposal of this SHARP product

GB

If this product cannot be used any more, it should be collected and disposed of in a legally correct and environmentally sound way.

DO NOT DISPOSE OF THIS PRODUCT WITH YOUR HOUSEHOLD WASTE
OR MIXED WITH OTHER WASTES ! YOU MIGHT ENDANGER THE ENVIRONMENT !

Sharp Corporation is committed to protecting the environment and conserving energy. Our goal is to minimize the environmental impact of our products by continually implementing and improving product technologies, designs, and customer information aimed at environmental conservation.

(1) For our customers in Belgium, The Netherlands, Sweden, and Switzerland

SHARP takes part in the national recycling system for electrical and electronic equipment, which has been founded on the base of an environmental law.

If you wish to discard this SHARP product, please read here details on the countries concerned:

Country	Recycling Information for that Country
Belgium	Please use the services of the Belgian electronics recycling system called "Recupel". • call 0800 - 40387 (from within the country) • or look at the website: www.recupel.be
The Netherlands	Please use the services of the Dutch electronics recycling system called "NVMP". • call 0800 - 0242002 (from within the country) • or look at the website: www.nvmp.nl
Sweden	Please use the services of the Swedish electronics recycling system called "ELRETUR": • call 08 - 5452-1290 (from within the country) • or look at the website: www.el-retur.se
Switzerland	Please use the services of the Swiss electronics recycling system called " S.EN.S ". • call 043 - 255 20 00 (from within the country) • look at the website: www.sens.ch

(2) For our customers in Austria, Denmark, Finland, France, Germany, Italy, Luxemburg, Portugal, and Spain

If you wish to discard this SHARP product, please contact your local authorities for collection facilities, or contact a recycling company which is licensed for the recycling of electrical and electronic equipment; then dispose of this product through one of these parties.

It is intended that from 13 August 2005 on, collection facilities are available all over the country where users from private households can return waste electrical and electronic equipment free of charge and in an environmentally friendly way. Then please contact your local authorities for the nearest collection facility which can accept this product, and dispose of this product through it.

Before this date, it is possible that the last user has to bear the cost of collection and recycling.

(3) For our customers in other countries

If you wish to discard this SHARP product, please contact your local authorities for collection facilities, or contact a recycling company which is licensed for the recycling of electrical and electronic equipment; then discard this product through one of these parties.

It is possible that the last user has to bear the cost of collection and recycling.

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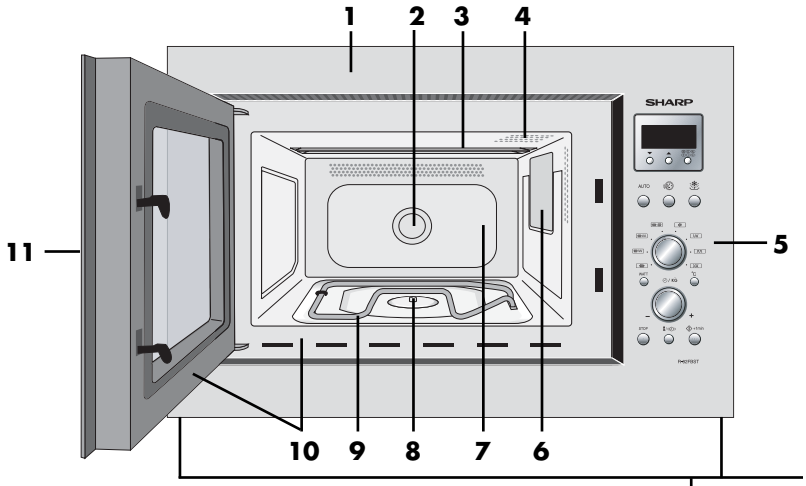
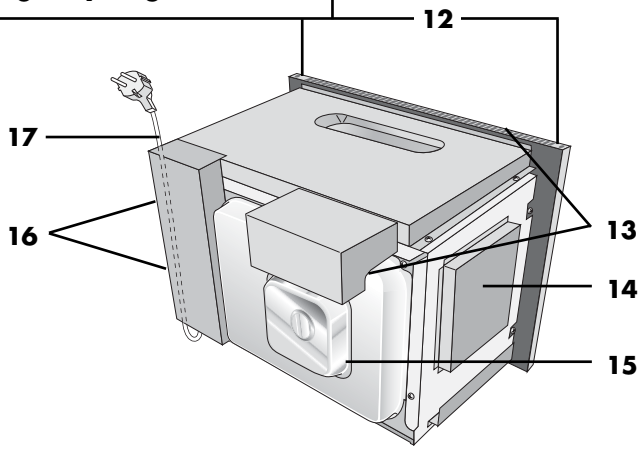
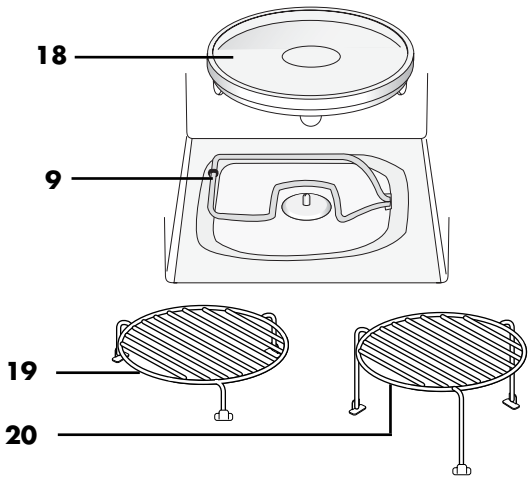
OVEN AND ACCESSORIES



1 Front trim
2 Fan
3 Grill heating element (top grill)
4 Oven lamp
5 Control panel
6 Waveguide cover
7 Oven cavity
8 Turntable motor shaft
9 Grill heating element (bottom grill)
10 Door seals and sealing surfaces
11 Door opening handle
12 Fixing points (4 points)
13 Ventilation openings
14 Outer cover
15 Rear cabinet
16 Power supply cord support clips
17 Power supply cord



ACCESSORIES:
Check to make sure the following accessories are provided:
17 Turntable **18** Low Rack
19 High Rack **20** 4 fixing screws (not shown)
Place the turntable over the turntable motor shaft on the floor of the cavity.
Before first using the turntable and racks, clean with mild soapy water.
Do not cut or scratch the turntable.

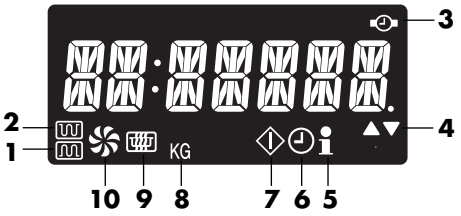


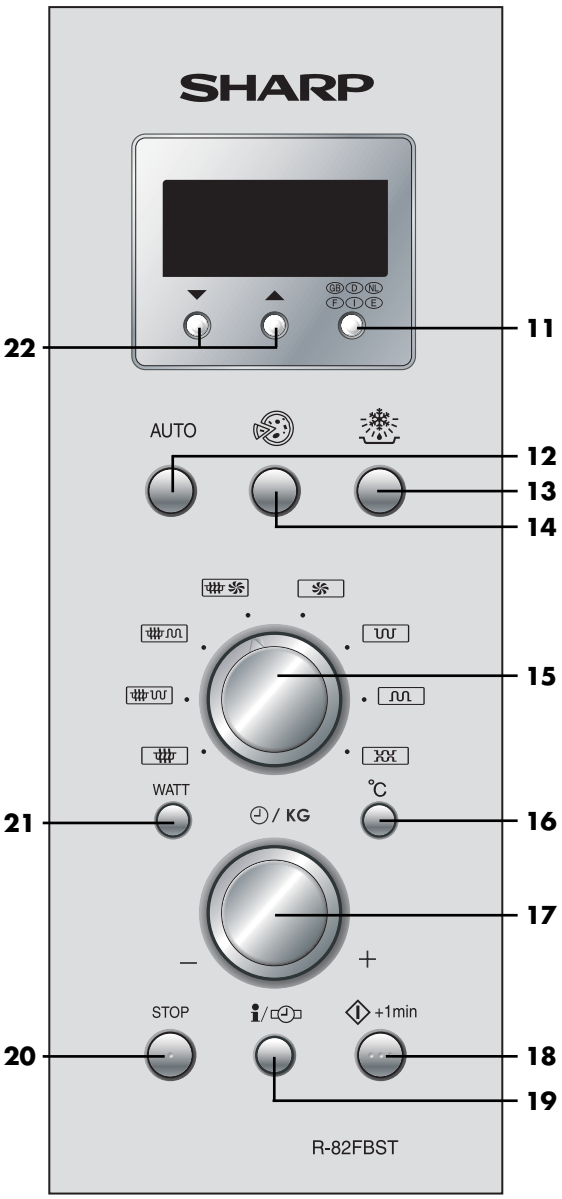
WARNING:
The accessories (e.g. turntable) will become very hot during Grill, Convection, Dual and Automatic operation (except Auto Defrost) modes. Always use thick oven gloves when removing the food or turntable from the oven to prevent burns.

NOTE:
When you order accessories, please mention the following two items: Part name and model name to your dealer or SHARP authorized service agent.

ENGLISH

CONTROL PANEL





Digital display and indicators:

1 **BOTTOM GRILL** indicator
2 **TOP GRILL** indicator
3 **CLOCK SET** indicator
4 **LESS/MORE** indicator
5 **INFORMATION** indicator
6 **TIMER** indicator
7 **COOKING IN PROGRESS** indicator
8 **WEIGHT** (kg) indicator
9 **MICROWAVE** indicator
10 **CONVECTION** indicator

Operating buttons:

11 **LANGUAGE** button
12 **AUTO COOK** button
13 **AUTO DEFROST** button
14 **PIZZA** button
15 **COOKING MODE** dial
Rotate the dial so that indicator points to appropriate symbol:
- for microwave cooking
- for microwave cooking with TOP GRILL
- for microwave cooking with BOTTOM GRILL
- for microwave cooking with CONVECTION
- for CONVECTION
- for TOP GRILL
- for BOTTOM GRILL
- for TOP & BOTTOM GRILLS

16 **CONVECTION (°C)** button
Press to change the convection setting.
17 **TIME/WEIGHT** dial
Rotate the dial to enter either the cooking/defrosting time or weight of food.
18 **START ⏀/+1MIN** button
19 **INFO/CLOCK** button
20 **STOP** button
21 **MICROWAVE POWER LEVEL** button
Press to change the microwave power setting.
22 **LESS/MORE** buttons

IMPORTANT SAFETY INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS: READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

To avoid the danger of fire

The microwave oven should not be left unattended during operation. Power levels that are too high or cooking times that are too long may overheat foods resulting in a fire.

The electrical outlet must be readily accessible so that the unit can be unplugged easily in an emergency.

The AC power supply must be 230 V, 50 Hz, with a minimum 16 A distribution line fuse, or a minimum 16 A distribution circuit breaker.

It is recommended that a separate circuit serving only this appliance be provided.

Do not store or use the oven outdoors.

If food being heated begins to smoke, DO NOT OPEN THE DOOR. Turn off and unplug the oven and wait until the food has stopped smoking. Opening the door while food is smoking may cause a fire.

Use only microwave-safe containers and utensils. See Page 31 - 32.

Do not leave the oven unattended when using disposable plastic, paper or other combustible food containers.

Clean the waveguide cover, the oven cavity and the turntable after use. After cooking fatty foods without a lid, always clean the cavity and especially the grill heating elements thoroughly. These must be dry and free from grease. Built-up grease may overheat and begin to smoke or catch fire.

Do not place flammable materials near the oven or ventilation openings. Do not block the ventilation openings.

Remove all metallic seals, wire twists, etc., from food and food packages. Arcing on metallic surfaces may cause a fire.

Do not use the microwave oven to heat oil for deep frying. The temperature cannot be controlled and the oil may catch fire.

To make popcorn, use only special microwave popcorn makers.

Do not store food or any other items inside the oven.

Check the settings after you start the oven to ensure the oven is operating as desired.

See the corresponding hints in the cookery book section.

To avoid the possibility of injury

WARNING:

Do not operate the oven if it is damaged or malfunctioning. Check the following before use:

a) The door; make sure the door closes properly and ensure it is not misaligned or warped.

b) The hinges and safety door latches; check to make sure they are not broken or loose.

c) The door seals and sealing surfaces; ensure that they have not been damaged.

d) Inside the oven cavity or on the door; make sure there are no dents.

e) The power supply cord and plug; ensure that they are not damaged.

Never adjust , repair or modify the oven yourself. It is hazardous for anyone other than a competent person to carry out any service or repair operation which involves the removal of a cover which gives protection against exposure to microwave energy.

Do not operate the oven with the door open or alter the door safety latches in any way.

Do not operate the oven if there is an object between the door seals and sealing surfaces.

Do not allow grease or dirt to build up on the door seals and adjacent parts. Follow the instructions for "Care and Cleaning" on page 28. Failure to maintain the oven in a clean condition could lead to a deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

Individuals with PACEMAKERS should check with their doctor or the manufacturer of the pacemaker for precautions regarding microwave ovens.

ENGLISH

IMPORTANT SAFETY INSTRUCTIONS

To avoid the possibility of electric shock

Under no circumstances should you remove the outer cabinet.

Never spill or insert any objects into the door lock openings or ventilation openings. In the event of a spill, turn off and unplug the oven immediately, and call an authorised SHARP service agent.

Do not immerse the power supply cord or plug in water or any other liquid.

Do not let the power supply cord hang over the edge of a table or work surface.

Keep the power supply cord away from heated surfaces, including the rear of the oven. To ensure that the power cord cannot come into contact with the rear of the oven during operation, any excess cord length must be secured using the cable clip supplied in the accessory pack. The clip should be fixed to the top of the kitchen unit using the screw provided (See page 8).

Do not attempt to replace the oven lamp yourself or allow anyone who is not an electrician authorised by SHARP to do so. If the oven lamp fails, please consult your dealer or an authorised SHARP service agent.

If the power supply cord of this appliance is damaged, it must be replaced with a special cord. The exchange must be made by an authorised SHARP service agent.

To avoid the possibility of explosion and sudden boiling:

WARNING: Liquids and other foods must not be heated in sealed containers since they are liable to explode.

Never use sealed containers. Remove seals and lids before use. Sealed containers can explode due to a build up of pressure even after the oven has been turned off.

Take care when microwaving liquids. Use a wide-mouthed container to allow bubbles to escape.

Microwave heating of beverages can result in delayed eruptive boiling, therefore care has to be taken when handling the container.

To prevent sudden eruption of boiling liquid and possible scalding:

1. Stir liquid prior to heating/reheating.
2. It is advisable to insert a glass rod or similar utensil into the liquid whilst reheating.
3. Let liquid stand for at least 20 seconds in the oven at the end of cooking time to prevent delayed eruptive boiling.

Do not cook eggs in their shells, and whole hard boiled eggs should not be heated in microwave ovens since they may explode even after microwave cooking has ended. To cook or reheat eggs which have not been scrambled or mixed, pierce the yolks and the whites, or the eggs may explode. Shell and slice hard boiled eggs before reheating them in the microwave oven.

Pierce the skin of such foods as potatoes, sausages and fruit before cooking, or they may explode.

To avoid the possibility of burns

Use pot holders or oven gloves when removing food from the oven to prevent burns.

Always open containers, popcorn makers, oven cooking bags, etc., away from the face and hands to avoid steam burns.

To avoid burns, always test food temperature and stir before serving and pay special attention to the temperature of food and drink given to babies, children or the elderly.

Temperature of the container is not a true indication of the temperature of the food or drink; always check the food temperature.

Always stand back from the oven door when opening, to avoid burns from escaping steam and heat.

Slice stuffed baked foods after heating to release steam and avoid burns.

Keep children away from the door and accessible parts that may become hot when the grill is in use. Children should be kept away to prevent them burning themselves.

IMPORTANT SAFETY INSTRUCTIONS

Do not touch the oven door, outer cabinet, rear cabinet, oven cavity, ventilation openings, accessories and dishes during **GRILL**, **CONVECTION**, **DUAL** and **AUTOMATIC** operation (except **AUTO DEFROST**) as they will become hot. Before cleaning make sure they are not hot.

To avoid misuse by children

WARNING: Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.

Do not lean or swing on the oven door. Do not play with the oven or use it as a toy.

Children should be taught all important safety instructions: use of pot holders, careful removal of food coverings; paying special attention to packaging (e.g. self-heating materials) designed to make food crisp, as they may be extra hot.

Other warnings

Never modify the oven in any way.

Do not move the oven while it is in operation.

This oven is for home food preparation only and may only be used for cooking food. It is not suitable for commercial or laboratory use.

To promote trouble-free use of your oven and avoid damage.

Never operate the oven when it is empty except where recommended in the operation manual, see Page 14. Doing so may damage the oven.

When using a browning dish or self-heating material, always place a heat-resistant insulator such as a porcelain plate under it to prevent damage to the turntable due to heat stress. The preheating time specified in the dish's instructions must not be exceeded.

Do not use metal utensils, which reflect microwaves and may cause electrical arcing. Do not put cans in the oven.

Use only the turntable designed for this oven.

Do not place anything on the outer cabinet during operation.

Do not use plastic containers for microwaving if the oven is still hot from using the **GRILL**, **CONVECTION**, **DUAL** and **AUTOMATIC** operation (except **AUTO DEFROST**), because they may melt. Plastic containers must not be used during above modes unless the container manufacturer says they are suitable.

NOTE:

If you are unsure how to connect your oven, please consult an authorised, qualified electrician.

Neither the manufacturer nor the dealer can accept any liability for damage to the oven or personal injury resulting from failure to observe the correct electrical connection procedure.

Water vapour or drops may occasionally form on the oven walls or around the door seals and sealing surfaces. This is a normal occurrence and is not an indication of microwave leakage or a malfunction.

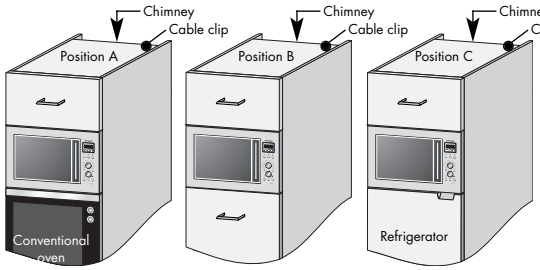
ENGLISH

INSTALLATION

INSTALLING THE APPLIANCE

1. Remove all packaging and check carefully for any signs of damage.

The microwave oven can be fitted in position A, B or C:



POSITION	NICHE SIZE W D H	CHIMNEY (min)	Gap Between Cupboard & Ceiling
A, B + C	562-568x550x380	45	100

Measurements in (mm)

NOTE: Ensure the bottom of the oven is 85 cm or more above the floor.

2. If fitting the microwave oven above a conventional oven (position A) or a refrigerator (position C) then you must check the installation instructions for that appliance to determine air intake and exhaust requirements.
   A refrigerator needs a chimney to exhaust warm air from the rear. The installation should be as shown in fig. 1.
   A conventional oven exhausts warm air from the front. The installation should be as shown in fig. 2.
   If installing the microwave oven above a conventional oven, the Mylar sheet that is supplied with the microwave oven should be fitted as shown in fig. 3. This prevents warm air from the microwave oven from being drawn in by the conventional oven.

Figure 1

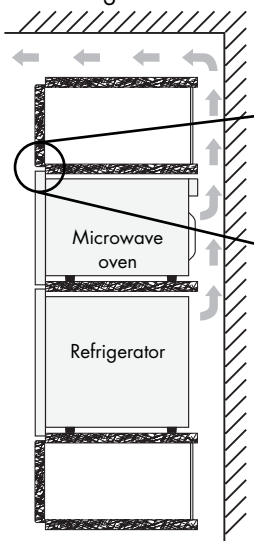


Figure 2

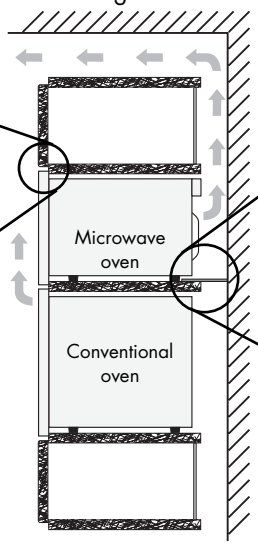


Figure 4

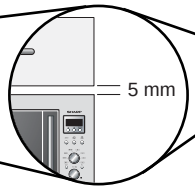
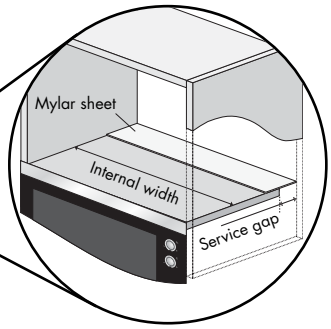
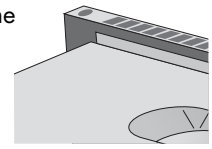


Figure 3



3. Fit the appliance into the kitchen cupboard slowly, and without force, until the front frame of the oven seals against the front opening of the cupboard.
4. Ensure the appliance is stable and not leaning. Ensure that a 5 mm gap is kept between the cupboard door above and the top of the frame (see fig. 4).
5. Fix the oven in position with the screws provided. The fixing points are located on the top and bottom corners of the oven (see diagram, item 11, on page 3).
6. It is important to ensure that the installation of this product conforms to the instructions in this operation manual and the conventional oven or refrigerator manufacturer's installation instructions.



CONNECTING THE APPLIANCE TO THE POWER SUPPLY

(A)

- **The electrical outlet should be readily accessible so that the unit can be unplugged easily in an emergency.**
- **The socket should not be positioned behind the cupboard.**
- The best position is above the cupboard, see (A).
  When not connecting the power supply cord to position (A) it should be removed from the support clips (see diagram, item 15, on page 3) and routed under the oven.
- Connect the appliance to a single phase 230 V/50 Hz alternating current via a correctly installed earth socket.
  The socket must be fused with a 16 A fuse.
- **The power supply cord may only be replaced by an electrician.**
- Before installing, tie a piece of string to the power supply cord to facilitate connection to point (A) when the appliance is being installed.
- When inserting the appliance into the high-sided cupboard, DO NOT crush the power supply cord.
- Do not immerse the power supply cord or plug in water or any other liquid.

ELECTRICAL CONNECTIONS

⚠ **WARNING:**
THIS APPLIANCE MUST BE EARTHED
The manufacturer declines any liability should this safety measure not be observed.

If the plug that is fitted to your appliance is not suitable for your socket outlet, you must call your local SHARP service agent.

ENGLISH

BEFORE OPERATION

Your oven comes pre-set for Energy Save Mode so when you first plug it in nothing will appear on the digital display.

To operate the oven in Energy Save Mode:

1. Plug in the oven. Nothing will appear on the display at this time.
2. Open the door. The oven display will show "SELECT LANGUAGE" in 6 languages.
3. Close the door.
4. Select a language (see below).
5. Heat the oven without food (See page 14).

NOTE:
You can change to Clock Set Mode if you prefer, see page 12 of the operation manual. If you decide to set the clock, Energy Save Mode does not work.

COOKING HINTS:
Your oven has an 'Information Display System' which allows you to access step by step instructions for each of the ovens features/buttons. Instructions will appear in the digital display each time you press a button to inform you of the next operation step.

In Energy Save Mode, if you do not operate the oven for 3 minutes or more (i.e. closing the door, pressing the **STOP** key, or at the end of cooking), you will not be able to operate the oven until you open and close the oven door.

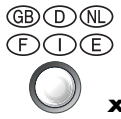
SELECTING THE LANGUAGE

Press **LANGUAGE** button	LANGUAGE
once	ENGLISH
twice	DEUTSCH
3 times	NEDERLANDS
4 times	FRANCAIS
5 times	ITALIAN
6 times	ESPANOL

Your oven initially has English selected as the language. To change to a language of your choice, scroll through the options available by pressing the **LANGUAGE** button as shown in the table opposite. Then press the **START ⏀/+1MIN** button.

Example:
Suppose you want to select **Italian**.

1. Choose the desired language.



x5

2. Start the setting.

x1

Check the display:

NOTE: The selected language will be memorised, even if the electrical power supply is interrupted.

ENERGY SAVE MODE

Your oven has two operating modes, Energy Save Mode and Clock Set Mode.
The difference between them is that when you are not using the oven, in Energy save Mode nothing will appear on the digital display and in Clock Set Mode the time will be shown.

In Energy Save Mode, if you do not operate the oven for 3 minutes or more (i.e. closing the door, pressing the **STOP** key, or at the end of cooking), you will not be able to operate the oven.
To restore power on, open the door.

If you set the clock, energy save mode will be cancelled.

To start energy save mode manually, follow the instructions below.

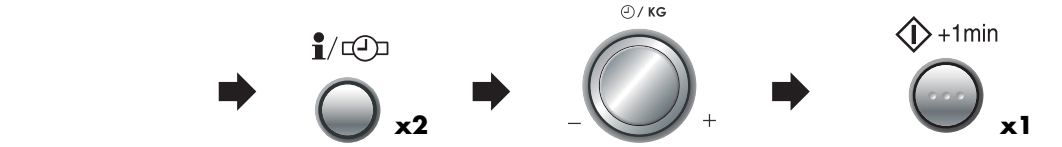
Example:
To start the energy save mode, (the current time is 23:35):

1. Make sure the correct time appears on the display.

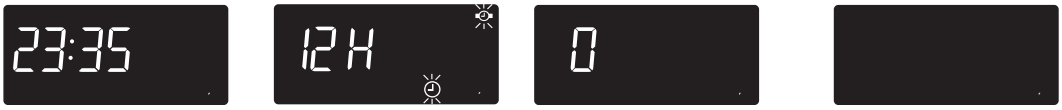
2. Press the **INFO/CLOCK** button twice.

3. Adjust the display to 0 by rotating the **TIME/WEIGHT** dial.

4. Press **START** ⏀ **/+1MIN** button. The power will be off and the display will show nothing.



Display:



USING THE STOP BUTTON

Use the **STOP** button to:

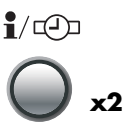
1. Erase a mistake during programming.
2. Stop the oven temporarily during cooking.
3. Cancel a programme during cooking, press the **STOP** button twice.

ENGLISH

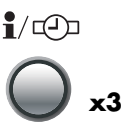
SETTING THE CLOCK

There are two setting modes: 12 hour clock and 24 hour clock.

1. To set the 12 hour clock, press the **INFO/CLOCK** button twice, as shown:



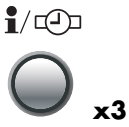
2. To set the 24 hour clock, press the **INFO/CLOCK** button 3 times, as shown:



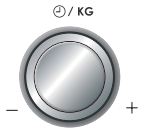
Example:

To set the 24 hour clock to 23:35:

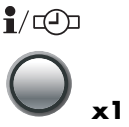
1. Choose the 24 hour clock by pressing the **INFO/CLOCK** button 3 times.



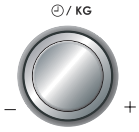
2. Set the hours. Rotate the **TIME/ WEIGHT** dial clockwise until the correct hour is displayed.



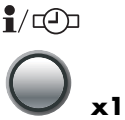
3. Change from hours to minutes by pressing the **INFO/CLOCK** button once.



4. Set the minutes. Rotate the **TIME/ WEIGHT** dial clockwise until the correct minutes are displayed.



5. Press the **INFO/CLOCK** button once to start the clock.



Check the display.

NOTES:

1. You can rotate the **TIME/WEIGHT** dial clockwise or counter clockwise.
2. Press the **STOP** button if you make a mistake during programming.
3. If the oven is in cooking mode and you wish to know the time of day, touch the **INFO/CLOCK** button. As long as your finger is touching the button, the time of day will be displayed.
4. If the electrical power supply to your microwave oven is interrupted, plug in the oven again, then open and close the door. The display will show: "ENERGY SAVE MODE" in 6 languages. If this occurs during cooking, the programme will be erased. The time of day will also be erased.
5. When you want to reset the time of day, follow the above example again.
6. If you do not set the clock, press the **STOP** button once. ".0" will appear on the display. When the operation of the oven is finished, ".0" will reappear on the display instead of the time of day.
7. If you set the clock, energy save mode does not work.

MICROWAVE POWER LEVELS

Your oven has 5 power levels. To choose the power level, follow the advice given in the recipe section.

900 WATT = 100 % output
630 WATT = 70 % output
450 WATT = 50 % output
270 WATT = 30 % output
90 WATT = 10 % output

- To select Microwaving, rotate the **COOKING MODE** dial to the MICROWAVE setting.
- Select the desired microwave power setting by pressing the **MICROWAVE POWER LEVEL** button.
- If the **MICROWAVE POWER LEVEL** button is pressed once, 900W (100 %) will be displayed. If you miss your desired level, continue pressing the **MICROWAVE POWER LEVEL** button until you reach the level again.
- **If the power level is not selected, the level 900 W (100 %) is automatically set.**

MICROWAVE COOKING

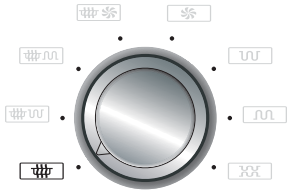
Your oven can be programmed for up to 90 minutes. (90.00). The input unit of cooking (defrosting) time varies from 10 seconds to five minutes. It depends on the total length of the cooking (defrosting) time as shown on the table opposite:

Cooking Time:	Increasing unit:
0-5 minutes	10 seconds
5-10 seconds	30 seconds
10-30 minutes	1 minute
30-90 minutes	5 minutes

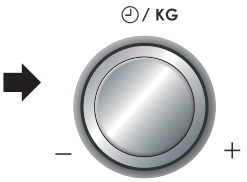
Example:

Suppose you want to heat soup for 2 minutes and 30 seconds on 630 W microwave power.

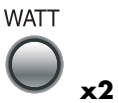
1. Rotate the **COOKING MODE** dial to the MICROWAVE setting.



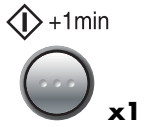
2. Enter desired cooking time by rotating the **TIME/WEIGHT** dial clockwise.



3. Press the **MICROWAVE POWER LEVEL** button twice for 630 W microwave power.



4. Press the **START** / **+1MIN** button once to start cooking.



Display:

NOTES:

1. When the door is opened during the cooking process, the cooking time on the digital display stops automatically. The cooking time starts to count down again when the door is closed and the **START** / **+1MIN** button is pressed.

2. If you wish to know the power level during cooking, press the **MICROWAVE POWER LEVEL** button. As long as your finger is pressing the **MICROWAVE POWER LEVEL** button, the power level will be displayed.

3. You can rotate the **TIME/WEIGHT** dial clockwise or counter-clockwise. If you rotate the dial counter-clockwise, the cooking time will decrease from 90 minutes by degrees.

GRILL COOKING

Your oven has 2 grill heating elements, and a combination of 3 grill cooking modes. Select the desired grill mode by rotating the **COOKING MODE** dial to the desired setting.

COOKING MODE DIAL	GRILL HEATING ELEMENT IN USE	DISPLAY
	Top and Bottom Grill together	TOP AND BOTTOM
	Top Grill	TOP GRILL
	Bottom Grill	BOTTOM GRILL

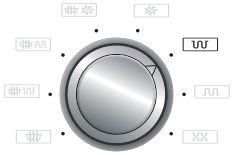
ENGLISH

GRILL COOKING

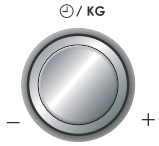
Example:

Suppose you want to cook cheese on toast for 5 minutes using the top grill only: (Place toast on the high rack.)

1. Rotate the **COOKING MODE** dial to the TOP GRILL setting.



2. Enter the desired cooking time by rotating the **TIME/WEIGHT** dial clockwise.



3. Press the **START** / **+1MIN** button once to start cooking.

x1

Display:

1. The high or low racks are recommended when grilling.
2. You may detect smoke or a burning smell when using the grill for the first time, this is normal and not a sign that the oven is out of order. (Please see heating without food below.)
3. After cooking the display may show 'NOW COOLING'.

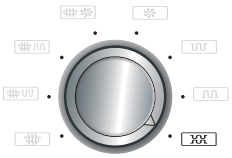
WARNING: The oven cavity, door, outer cabinet, turntable, racks, dishes and especially the bottom grill will become very hot, always use thick oven gloves when removing the food or turntable from the oven to prevent burns.

HEATING WITHOUT FOOD

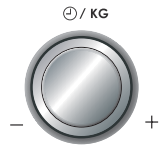
You may detect smoke or a burning smell when using the grill(s) or dual grill for the first time. This is normal and not a sign that the oven is out of order. To avoid this problem, when first using the oven, operate both top and bottom grills without food for 20 minutes.

IMPORTANT: During grill operation, to allow smoke or smells to disperse open a window or switch the kitchen ventilation on. Make sure there is no food in the oven.

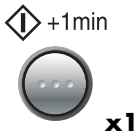
1. Rotate the **COOKING MODE** dial to the TOP & BOTTOM GRILL setting.



2. Enter the required heating time. (20 min.)



3. Press the **START** / **+1MIN** button once to start cooking.



x1

4. The oven will count down. When the oven has finished cooking, open the door to cool the oven cavity.

WARNING: The oven door, outer cabinet & oven cavity will become hot. Take care to avoid burns when cooling the oven down after operation.

CONVECTION COOKING

This microwave oven has 10 pre-set oven temperatures which use a combination of the top and bottom grills.

Press **CONVECTION** button	1	2	3	4	5	6	7	8	9	10
Oven Temp (° C)	250	230	220	200	180	160	130	100	70	40

Example 1: To cook with preheating

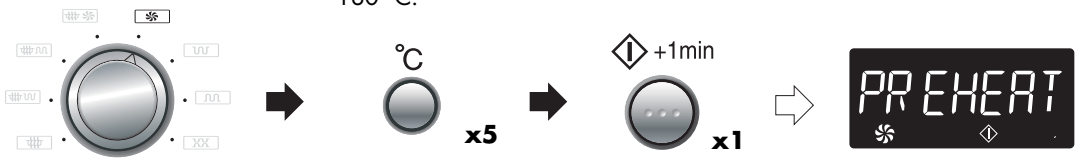
Suppose you want to pre-heat to 180° C and cook for 20 minutes at 180° C.

1. Rotate the **COOKING MODE** dial to the CONVECTION setting.

2. Enter the desired preheat temperature by pressing the **CONVECTION** button five times. The display will show 180° C.

3. Press the **START** / **+1MIN** button once to start preheating.

When the pre-heated temperature has been reached the audible signal sounds, the display will show 180° C, open the door and place the food inside the oven. Close the door.



4. Enter desired cooking time by rotating the **TIME/WEIGHT** dial clockwise.

5. Press the **START** / **+1MIN** button once to start cooking.

Check the display.

NOTES:

1. After preheating, if you want to cook at a different temperature press the **CONVECTION** button until the desired setting appears on the display. In the example above, to change the temperature you would press the **CONVECTION** button after entering the cooking time.
2. When the oven reaches the programmed preheating temperature, it will automatically hold at the pre-heated temperature for 30 minutes. After 30 minutes the display will change to time of day, if set. The selected convection programme will be cancelled.
3. After cooking the oven will automatically cool and the display will show "NOW COOLING".

ENGLISH

CONVECTION COOKING

Example 2: To cook without preheating

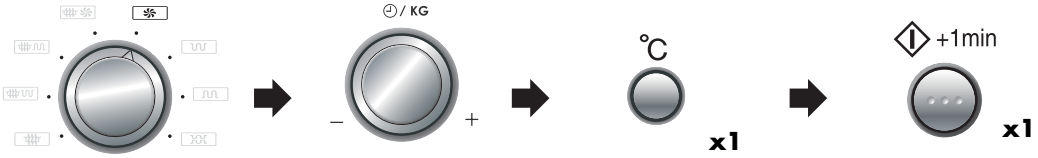
Suppose you want to cook at 250° C for 20 minutes.

1. Rotate the **COOKING MODE** dial to the CONVECTION setting.

2. Enter desired cooking time by rotating the **TIME/ WEIGHT** dial clockwise.

3. Enter the desired cooking temperature by pressing the **CONVECTION** button once (250° C).

4. Press the **START** / **+1MIN** button once to start cooking.



Check the display.

NOTES:

1. After cooking the oven will automatically cool and the display will show "NOW COOLING".

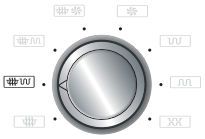
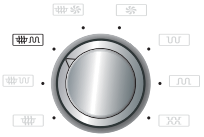
2. To change the convection temperature, press the **CONVECTION** button until the desired temperature appears on the display.

3. Temperature measurements taken whilst the oven is in convection mode will differ from the displayed level. This is due to the grill elements turning on and off in order to regulate the oven temperature. This will not affect the cooking results as long as the operation manual and cook book are followed correctly.

WARNING: The oven cavity, door, outer cabinet, turntable, racks, dishes and especially the bottom grill will become very hot, always use thick oven gloves when removing the food or turntable from the oven to prevent burns.

DUAL COOKING

Your oven has 3 **DUAL** cooking modes combining the heat of convection, top grill or bottom grill with the power of the microwave. To select the **DUAL** cooking mode rotate the **COOKING MODE** dial to the desired setting, then choose the cooking time. Generally, dual cooking time shortens the total cooking time.

Setting	**COOKING MODE** dial	Initial Microwave power	Cooking method	Display
DUAL 1		270 W	Convection 250° C	
DUAL 2		270 W	Top grill	
DUAL 3		270 W	Bottom grill	

NOTES: The power settings are variable:

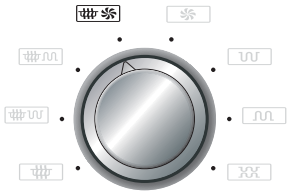
DUAL 1: The oven temperature can be changed from 40° C to 250° C in ten levels.
Microwave power levels can be changed from 90 W - 450 W in three levels.

DUAL 2 & 3: Microwave power levels can be changed from 90 W - 900 W in five levels.

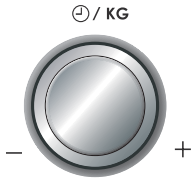
Example 1:

Suppose you want to cook for 20 minutes on DUAL 1, using 90 W microwave power and 200° C convection.

1. Rotate the **COOKING MODE** dial to the DUAL 1 setting.



2. Enter desired cooking time by rotating the **TIME/WEIGHT** dial clockwise.



3. Press the **MICROWAVE POWER LEVEL** button twice for 90 W microwave power.

4. Enter the desired cooking temperature by pressing the **CONVECTION** button 4 times (200° C).

5. Press the **START** ◊ **/ +1MIN** button once to start cooking.

Check the display.

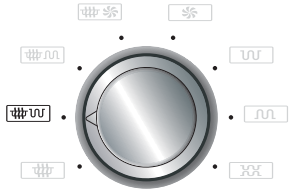
ENGLISH

DUAL COOKING

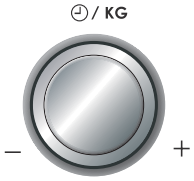
Example 2:

Suppose you want to cook for 20 minutes on DUAL 2, using 90 W microwave power and TOP GRILL.

1. Rotate the **COOKING MODE** dial to the DUAL 2 setting.

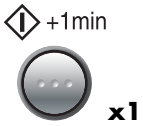


2. Enter desired cooking time by rotating the **TIME/WEIGHT** dial clockwise.



3. Press the **MICROWAVE POWER LEVEL** button twice for 90 W microwave power.

4. Press the **START** /**+1MIN** button once to start cooking.

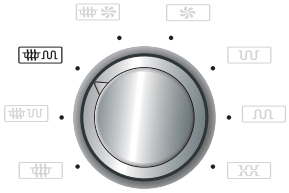


Check the display.

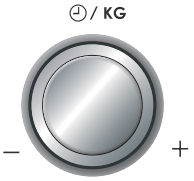
Example 3:

Suppose you want to cook for 20 minutes on DUAL 3, using 90 W microwave power and BOTTOM GRILL.

1. Rotate the **COOKING MODE** dial to the DUAL 3 setting.

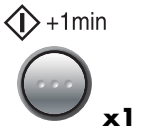


2. Enter desired cooking time by rotating the **TIME/WEIGHT** dial clockwise.



3. Press the **MICROWAVE POWER LEVEL** button twice for 90 W microwave power.

4. Press the **START** /**+1MIN** button once to start cooking.



Check the display.

WARNING:
The oven cavity, door, outer cabinet, turntable, racks, dishes and especially the bottom grill will become very hot, always use thick oven gloves when removing the food or turntable from the oven to prevent burns.

NOTES:

1. After cooking, the display may show "NOW COOLING". To clear it, press the **STOP** button.

2. Temperature measurements taken whilst the oven is in convection mode will differ from the displayed level. This is due to the grill elements turning on and off in order to regulate the oven temperature. This will not affect the cooking results as long as the operation manual and cook book are followed correctly.

OTHER CONVENIENT FUNCTIONS

1. LESS / MORE button.

The **LESS** (▼) and **MORE** (▲) buttons allow you to easily decrease or increase programmed setting times, (for a less well or more well cooked result), used in automatic operations or cooking time while in operation.

a) Changing the pre-programmed time setting.

Example:

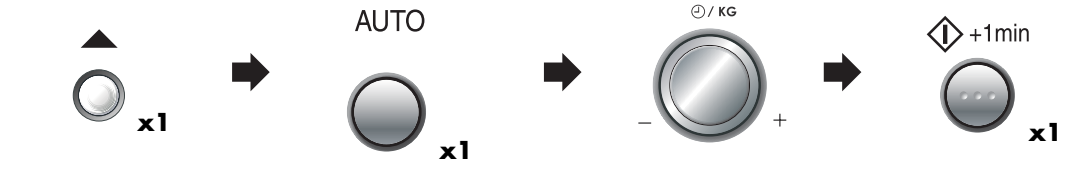
Suppose you want to cook 0.4 kg Grill Skewers using the **AUTO COOK** button and **MORE** (▲) button.

1. Choose the desired result (well cooked) by pressing the **MORE** (▲) button once.

2. Select AUTO COOK (Grill Skewers) by pressing the **AUTO COOK** button once.

3. Enter the amount by rotating the **TIME/WEIGHT** dial clockwise.

4. Press the **START** ⏀ / **+1MIN** button once to start cooking.



Display:

NOTE:

To cancel **LESS** or **MORE**, press the same button again.
To change **MORE** to **LESS** simply press the **LESS** (▼) button.
To change **LESS** to **MORE** simply press the **MORE** (▲) button.

b) Adjusting the heating time while oven is operating.

During the manual cooking process, the cooking time can be decreased or increased in 1 minute steps each time the **LESS** (▼) and **MORE** (▲) buttons are pressed.

NOTE:

You can use this function for manual cooking only.

ENGLISH

OTHER CONVENIENT FUNCTIONS

2. MINUTE PLUS function.

The **START** ⏀ **/+1MIN** button allows you to operate the two following functions:

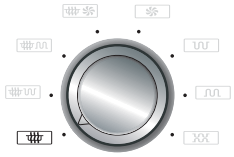
a) 1 minute cooking

You can cook on your desired cooking mode for 1 minute without entering the cooking time.

Example:

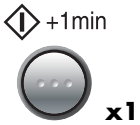
Suppose you want to cook for 1 minute at 630 W microwave power.

1. Rotate the **COOKING MODE** dial to the MICROWAVE setting.



2. Press the **MICROWAVE POWER LEVEL** button twice for 630 W microwave power.

3. Press the **START** ⏀ **/ +1MIN** button to start cooking.



Display:

NOTES:

1. You can use this function for manual cooking only.

2. When the **COOKING MODE** dial is on microwave ( ) and you press the **START** ⏀ **/+1MIN** button, the microwave power is always 900 watt.
When the **COOKING MODE** dial is on dual (, or) and you press the **START** ⏀ **/ +1MIN** button, the microwave power is always 270 watt.
When the **COOKING MODE** dial is on convection or dual 1 (or) and you press the **START** ⏀ **/+1MIN** button, the convection temperature is always 250° C.

3. To avoid misuse by children the **1 minute cooking** function can be used only within 3 minutes after the preceding operation, ie closing the door or pressing the **STOP** button.

b) Extend the cooking time

You can extend the cooking time in multiples of one minute if the button is pressed while the oven is in operation.

NOTE:

You can use this function for manual cooking only.

3. TO CHECK SETTINGS WHILE THE OVEN IS OPERATING

You can check the power level and the actual oven temperatures ie: when pre-heating.

TO CHECK THE POWER LEVEL:

To check the microwave power level during cooking press the **MICROWAVE POWER LEVEL** button. The oven continues to count down, although the display shows the power level.

As long as your finger is pressing the button, the power level will be displayed.

TO CHECK THE CONVECTION TEMPERATURE:

To check the convection temperature during cooking press the **CONVECTION** button.
When the oven is pre-heating, you can check the actual oven temperature.

As long as your finger is pressing the button, the convection temperature in ° C will be displayed.

4. INFORMATION button

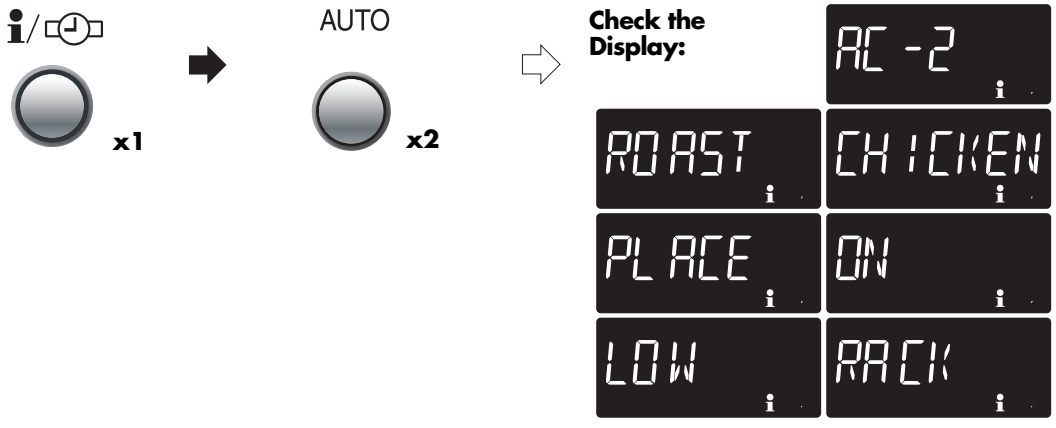
Each button carries useful information. If you wish to get the information, press the **INFO/CLOCK** button before pressing the desired button.

Example:

Suppose you want to get information about AUTO COOK menu number 2, Roast Chicken:

1. Choose the **INFO/CLOCK** button function.

2. Press the **AUTO COOK** button twice to select the AUTO COOK menu AC-2.



NOTE:

1. The information message will be repeated twice, and then the display will show the time of day, if set.
2. If you want to cancel the information press the **STOP** button.

ENGLISH

AUTOMATIC OPERATION (PIZZA/AUTO COOK/AUTO DEFROST)

These automatic functions are designed to work out the correct cooking mode and cooking time to get the best results. You can choose from the 3 PIZZA, 8 AUTO COOK and 5 AUTO DEFROST menus.

PIZZA button

AUTO COOK button

AUTO

AUTO DEFROST button

WARNING: For all menus except AUTO DEFROST:
The oven cavity, door, outer cabinet, turntable, racks, dishes and especially the bottom grill will become very hot. Use thick oven gloves when removing food or the turntable from the oven to prevent burns.

The following steps provide additional information on using this feature:

1. The menu you wish to use can be selected by pressing the **PIZZA**, **AUTO COOK** or **AUTO DEFROST** button until the desired menu number is displayed.

2. The weight of the food can be input by rotating the **TIME/WEIGHT** dial until the desired weight is displayed.
Enter the weight of the food only. Do not include the weight of the container.
For food weighing more or less than weights/ quantities given in the cooking chart, cook using manual operation.

3. The programmed cooking times are average times. If you want to alter cooking times pre-programmed in the automatic operations, use the **LESS** (▼) or **MORE** (▲) buttons. For best results follow the cooking chart instructions, pages 23 - 26.

4. Press the **START** ⏀**/+1MIN** button to start cooking.

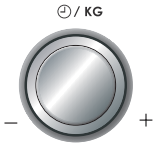
When action is required (e.g. to turn food over) the oven stops, the audible signals sound and the display shows the necessary action. To continue cooking, press the **START** ⏀**/+1MIN** button.

Example:

1.

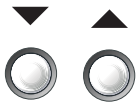
PIZZA button

2.



TIME/WEIGHT dial

3.



LESS/MORE buttons

4.

START ⏀ **/+1MIN** button

The final temperature will vary according to the initial temperature, i.e. whether it was chilled or at room temperature. Check food is piping hot after cooking. If necessary, you can extend the cooking time manually.

AUTOMATIC OPERATION (PIZZA/AUTO COOK/AUTO DEFROST)

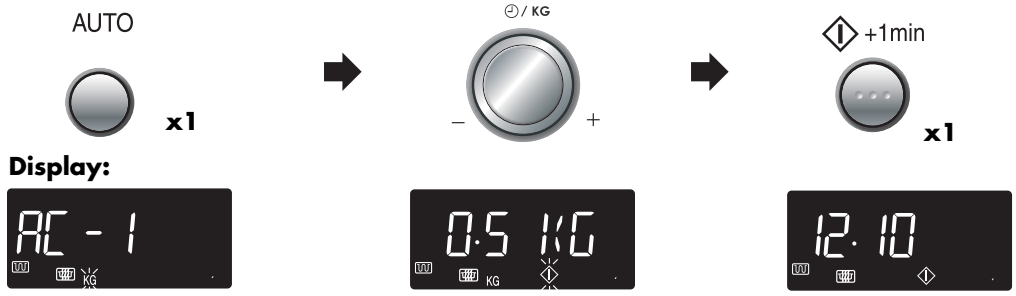
The **PIZZA**, **AUTO COOK** and **AUTO DEFROST** buttons offer the possibility to cook foods quickly and easily.

Example: Suppose you want to cook Grill Skewers (Kebabs) weighing 0,5 kg using the **AUTO COOK** button.

1. Choose the AUTO COOK menu AC-1 by pressing the **AUTO COOK** button once. Cooking information will appear. The weight indicator will flash on the display.

2. Enter the weight by rotating the **TIME/WEIGHT** dial clockwise.

3. Press the **START** ⏀ / **+1MIN** button to start cooking.



PIZZA CHART

BUTTON	MENU	WEIGHT (Increasing Unit) / UTENSILS	PROCEDURE
x1	**P-1 Pizza** Frozen Pizza	0,15 - 0,60 kg (50 g) (initial temp -18° C) Directly on the turntable	• Remove the ready prepared frozen pizza from the packaging and place on the turntable. For thick base pizza, press the **MORE** (▲) button. • After cooking, place on a plate for serving.
x2	**P-2 Pizza** Chilled Pizza	0,15 - 0,45 kg (50 g) (initial temp 5° C) Directly on the turntable	• Remove the ready prepared chilled pizza from the packaging and place on the turntable. • After cooking, place on a plate for serving.
x3	**P-3 Pizza** Fresh Pizza e.g. Homemade Pizza	0,7 - 1,0 kg (100 g) (initial temp 20° C) Directly on the turntable	• Prepare the pizza following the recipe below. • Place directly on the turntable. • After cooking, place on a plate for serving.

PIZZA RECIPE

Ingredients:

300 g Approx.	Ready prepared dough (Ready mix or roll out dough.)
200 g Approx.	Tinned tomatoes
150 g	Topping as desired (e.g. corn, ham, salami, pineapple)
50 g	Grated cheese
	Basil, oregano, thyme
	salt, pepper

Procedure:

1. Prepare the dough according to the manufacturer's instructions. Roll out to the size of the turntable.
2. Lightly grease the turntable and place the pizza base on it and pierce the dough.
3. Drain the tomatoes and cut into pieces. Season the tomatoes with the herbs and spread on the dough. Put all other ingredients on the pizza and finally cover with the cheese.
4. Cook on **P-3 Pizza** "Fresh Pizza".

ENGLISH

AUTO COOK CHART

BUTTON	MENU	WEIGHT (Increasing Unit) / UTENSILS	PROCEDURE
AUTO x1	**AC-1 Cook** Grill Skewers See recipes on page 46.	0,2 - 0,8 kg (100 g) (initial temp 5° C) High rack	• Prepare the grill skewers. • Place on the high rack and cook. • When the audible signal sounds turn over. • After cooking, place on a plate for serving.
AUTO x2	**AC-2 Cook** Roast Chicken Ingredients for 1,2 kg grilled chicken: Salt and Pepper, 1 tsp sweet paprika, 2 tbsp oil	0,9 - 1,8 kg (100 g) (initial temp 5° C) Low rack	• Mix the ingredients and spread on the chicken. • Pierce the skin of the chicken with a fork. • Put chicken, breast side down, on the low rack. • When audible signals sound, turn the chicken over. • After cooking, leave for approx. 3 minutes in the oven, remove and put on a plate for serving.
AUTO x3	**AC-3 Cook** Gratinated Fish Fillet	0,6 - 1,2 kg* (100 g) (initial temp 5° C) Gratin dish Low rack	• See recipes for Gratinated Fish Fillet on page 27. * Indicates the total weight of all ingredients.
AUTO x4	**AC-4 Cook** Gratin See recipes on pages 50 - 51.	0,5 - 1,5 kg* (100 g) (initial temp 20° C) Gratin dish Low rack	• Prepare the gratin. • Place the gratin on the low rack. • After cooking, let the food stand, wrapped in aluminium foil, for approx. 5 minutes. * Indicates the total weight of all ingredients.
AUTO x5	**AC-5 Cook** Frozen Baguettes e.g. Baguettes with Pizza topping	0,15 - 0,50 kg (50 g) (initial temp -18° C) Directly on the turntable	• Remove the deep frozen baguettes from the packaging and place on the turntable. • After cooking, place on a plate for serving.

AUTO COOK CHART

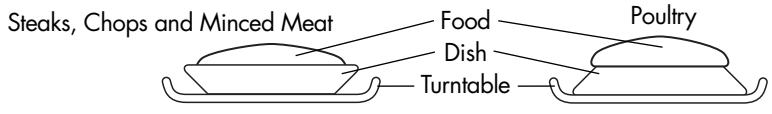
BUTTON	MENU	WEIGHT (Increasing Unit) / UTENSILS	PROCEDURE
AUTO x6	**AC-6 Cook** Fish Fingers	0,20 - 0,50 kg (50 g) (initial temp -18° C) Directly on the turntable	• Remove the deep frozen fish fingers from the packaging and place on the turntable. • After cooking, place on a plate for serving.
AUTO x7	**AC-7 Cook** French Fried Potatoes (recommended for conventional ovens) e.g Standard and thick type	0,20 - 0,40 kg (50 g) (initial temp -18° C) Directly on the turntable	• Remove the deep frozen French fried potatoes from the packaging and place in one layer on the turntable. • For thick French fried potatoes, use the **MORE** (▲) button. • After cooking, place on a plate for serving.
AUTO x8	**AC-8 Cook** Cake See recipes on pages 55 - 58.	0,5 - 1,5 kg* (100 g) initial temp 20° C) Cake dish Low rack Saucer	• Prepare the cake. • Place the cake dish on the low rack and put a saucer between the low rack and the tin. • After cooking, remove and stand for approx. 10 minutes.

ENGLISH

AUTO DEFROST CHART

BUTTON	MENU	WEIGHT (Increasing Unit) / UTENSILS	PROCEDURE
x1	**AD-1 Defrost** Steak and Chops	0,2 - 1,0 kg (100 g) (initial temp -18° C) (See note below)	• Place the food on a plate in the centre of the turntable. • When the oven stops and the audible signals sound, turn the food over, rearrange and separate. Shield thin parts and warm spots with aluminium foil. • After defrosting, wrap in aluminium foil for 10 - 20 minutes, until thoroughly defrosted.
x2	**AD-2 Defrost** Minced Meat	0,2 - 1,0 kg (100 g) (initial temp -18° C) (See note below)	• Place the block of minced meat on a plate in the centre of the turntable. • When the oven stops and the audible signals sound, turn the food over. Remove the defrosted parts if possible. • After defrosting, stand for 5 - 10 minutes, until thoroughly defrosted.
x3	**AD-3 Defrost** Poultry	0,9 - 2,0 kg (100 g) (initial temp -18° C) (See note below)	• Place a plate upside down on the turntable and put the poultry, breast side down, on the plate. • When the oven stops and the audible signals sound, turn the food over. Shield thin parts and warm spots with aluminium foil. • After defrosting, cover with aluminium foil and stand for 30 - 90 minutes, until thoroughly defrosted.
x4	**AD-4 Defrost** Cake	0,1 - 1,4 kg (100 g) (initial temp -18° C) Flat dish	• Remove all packaging from the cake. • Place on a flat dish in the middle of the turntable. • After defrosting, cut the cake into similar sized pieces keeping space between each piece and let stand for 15 - 70 minutes until evenly defrosted.
x5	**AD-5 Defrost** Bread	0,1 - 1,0 kg (100 g) (initial temp -18° C) Flat dish (Only sliced bread is recommended for this programme.)	• Distribute on a flat dish in the centre of the turntable. • When the audible signal sounds rearrange, and remove defrosted slices. • After defrosting separate all slices and distribute on a large plate. Cover the bread with aluminium foil and let stand for 5 - 10 minutes until thoroughly defrosted.

NOTE: Auto Defrost
1. Steaks and Chops should be frozen in one layer.
2. Minced meat should be frozen in the thin shape.
3. After turning over, shield the defrosted portions with small, flat pieces of aluminium foil.
4. The poultry should be processed immediately after defrosting.
5. For Steaks, Chops, Minced Meat and Poultry arrange the food in the oven as shown below:



RECIPES FOR AUTO COOK AC-3

GRATINATED FISH FILLET (AC-3)
Fish Gratin Italian Style

Ingredients:
600 g Rose Fish Fillet
250 g Mozarella. approx
250 g tomatoes
2 tbsp. anchovy butter
salt and pepper
1 tbsp chopped basil
lemon juice of 1/2 lemon
2 tbsp chopped mixed herbs
75 g grated Gouda (45 % fat)
sauce thickening powder

Procedure:
- Wash the Fish and dry. Sprinkle with lemon juice and salt and grease with the anchovy butter.
- Place in an oval gratin dish (32 cm).
- Sprinkle the gouda over the fish.
- Wash the tomatoes and remove the stalks. Cut into slices and place on top of the cheese.
- Season with salt, pepper and the mixed herbs.
- Drain the mozarella, cut into slices and place on the tomatoes. Spread over the basil.
- Place the gratin dish on the low rack and cook on **AUTO COOK AC-3** "Gratinated Fish Fillet" (1,2 kg).

Hint: After cooking remove the fish from the gratin dish and stir in some sauce thickening powder. Cook again for 1-2 minutes on 900 W power.

GRATINATED FISH FILLET (AC-3)
Gratinated Rose Fish Fillets 'Esterhazy'

Ingredients:
600 g Rose Fish Fillet
250 g Leeks
50 g onion
100 g carrot
1 tbsp. butter
salt, pepper and nutmeg
2 tbsp. lemon juice
125 g crème fraîche
100 g grated Gouda (45 % fat)

Procedure:
- Wash the leeks and divide in 2 parts from top to bottom. Cut into thin strips.
- Peel the onions and carrots and cut into thin strips.
- Put the vegetables, butter and spices into a casserole dish and mix well. Cook for 5-6 minutes on 900 W power. Stir once in-between cooking.
- In the meantime wash the fish fillet, dry and sprinkle with lemon juice and salt.
- Mix the Crème fraîche under the vegetables and season again.
- Put half of the vegetables in an oval gratin dish (32 cm). Place the fish on top and cover with the remaining vegetables.
- Spread over the Gouda and place on the low rack. Cook on **AUTO COOK AC-3** "Gratinated Fish Fillet" (1,2 kg).

GRATINATED FISH FILLET (AC-3)
Gratinated Rose Fish - Broccoli

Ingredients:
500 g Rose Fish Fillet
2 tbsp. lemon juice
1 tbsp. butter
2 tbsp flour
300 ml milk
chopped dill, pepper and salt
250 g frozen broccoli
100 g grated Gouda (45 % fat)

Procedure:
- Wash the fish fillet and dry. Sprinkle with lemon juice and salt.
- Heat together butter and flour in a casserole dish without cover for 1-1 1/2 mins on 900 W power.
- Add the milk and stir well. Cook again without cover for 3-4 minutes on 900 W power. After cooking stir and season with dill, salt and pepper.
- Defrost the broccoli in a casserole dish for 4-6 mins on 900 W power. Once defrosted, place the broccoli into a gratin dish (32 cm) and put the fish on top and season.
- Pour the sauce over and sprinkle over the cheese
- Place on low rack and cook on **AUTO COOK AC-3** "Gratinated Fish Fillet" (1,1 kg).

ENGLISH

CARE AND CLEANING

CAUTION: DO NOT USE COMMERCIAL OVEN CLEANERS, STEAM CLEANERS, ABRASIVE, HARSH CLEANERS, ANY THAT CONTAIN SODIUM HYDROXIDE OR SCOURING PADS ON ANY PART OF YOUR MICROWAVE OVEN.

WARNING!
After GRILL, CONVECTION, DUAL and AUTOMATIC operation (except Auto Defrost) modes, the oven cavity, door, oven cabinet and accessories will become very hot. Before cleaning, make sure they have cooled down.

Oven exterior
The outside of your oven can be cleaned easily with mild soap and water. Make sure the soap is wiped off with a moist cloth, and dry the exterior with a soft towel.

Oven controls
Open the door before cleaning to de-activate the oven controls. Care should be taken when cleaning the oven control. Using a cloth dampened with water only, gently wipe the panel until it becomes clean. Avoid using excessive amounts of water. Do not use any chemical or abrasive cleaners.

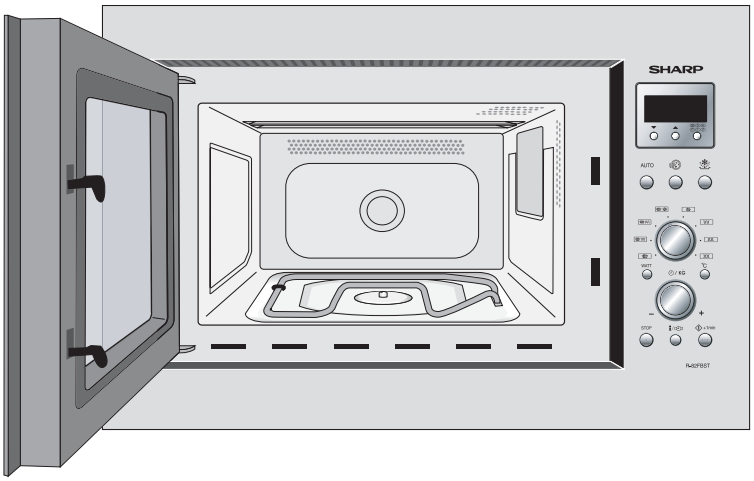
Oven Interior
1. For cleaning, wipe any splatters or spills with a soft damp cloth or sponge after each use while the oven is still warm. For heavier spills, use a mild soap and wipe several times with a damp cloth until all residues have been removed.
   Do not remove the waveguide cover.
2. Make sure that mild soap or water does not penetrate the small vents in the walls which may cause damage to the oven.
3. Do not use spray type cleaners on the oven interior.
4. Heat up your oven regularly by using both heating elements, refer to "Heating without food" on page 14. Remaining food or fat splashed on the oven interior can cause smoke or a bad smell.

Turntable
Remove the turntable. Wash the turntable in mild soapy water. Dry with a soft cloth. The turntable is dishwasher safe.

Low Rack and High Rack
These should be washed in a mild washing up liquid solution and dried. High and Low racks are dishwasher safe.

Door
To remove all trace of dirt, regularly clean both sides of the door, the door seals and adjacent surfaces with a soft, damp cloth.

NOTE: A steam cleaner should not be used.



SERVICE CALL CHECK

PLEASE CHECK THE FOLLOWING BEFORE CALLING FOR SERVICE:

1. Power Supply:
Check the power plug is properly connected to a suitable wall outlet.
Check the line fuse/circuit breaker is functioning properly.

2. When the door is opened, does the oven lamp turn on? YES _____ NO _____

3. Place a cup of water (approx. 150 ml) in the oven and close the door securely.
Set the **COOKING MODE** dial to [≋] microwave setting.
Programme the oven for one minute on 900 W power and start the oven.
Does the oven lamp come on? YES _____ NO _____
Does the turntable rotate? YES _____ NO _____
NOTE: The turntable turns in either direction.
Does the ventilation work? YES _____ NO _____
(Place your hand over the ventilation openings and check for air flow.)
After 1 minute does the signal sound? YES _____ NO _____
Does the cooking in progress indicator go off? YES _____ NO _____
Is the cup of water warm after the above operation? YES _____ NO _____

4. Set the **COOKING MODE** dial to the [⌇⌇] TOP & BOTTOM GRILL setting for 3 minutes. After 3 minutes do both GRILL heating elements become red? YES _____ NO _____

If you answer "NO" to any of the above questions, call a Service Technician appointed by SHARP and report the results of your check. See inside back cover for details of address.

IMPORTANT: If the display shows nothing even if the power supply plug is properly connected, the energy save mode may be in operation. Open and close the oven door to operate the oven. See page 10.

NOTE:

1. If you cook the food over the standard time with only the same cooking mode, the power of the oven will lower automatically to avoid overheating. (The microwave power level will be reduced and the grill heating elements will begin to light on and off.)

Cooking mode	Standard time
Microwave 900 W cooking	20 min.
Grill cooking TOP GRILL [⌇] BOTTOM GRILL [⌇] TOP and BOTTOM GRILL [⌇⌇]	 15 min. 15 min. Top grill - 6 min. Bottom grill - 6 min.
Dual 2 [≋⌇] (900 watt microwave power only)	Micro - 20 min. Top grill - 15 min.
Dual 3 [≋⌇] (900 watt microwave power only)	Micro - 20 min. Bottom grill - 15 min.

2. After the GRILL (using both heating elements), DUAL, CONVECTION and AUTOMATIC OPERATION (except AUTO DEFROST), the cooling fan will run and "NOW COOLING" will appear on the display. Also, when you press the **STOP** button and open the door during the GRILL, DUAL, CONVECTION and/or automatic cooking (except AUTO DEFROST), the cooling fan will run; you may, therefore, feel air blowing from the ventilation openings.

ENGLISH

WHAT ARE MICROWAVES?

Like radio and television waves, microwaves are electromagnetic waves.
Microwaves are produced by a magnetron inside the microwave oven, and these vibrate the molecules of water present in the food. The friction this causes produces heat, which ensures that the food is defrosted, heated or cooked through.
The secret of the reduced cooking times is the fact that the microwaves penetrate the food from every direction. Energy is used to the full. In comparison, the energy from a conventional hob passes from the burner through the pan and so to the food. This method wastes a great deal of energy.

THE CHARACTERISTICS OF MICROWAVES
Microwaves penetrate all non-metal objects made of glass, china, earthenware, plastic, wood or paper. This is why the microwaves never make these materials hot. Dishes become hot only because the food inside them is hot.
The food absorbs the microwaves and is heated.
Microwaves cannot pass through objects made of metal and so they are deflected. For this reason metal objects are not normally suitable for microwave cookery. There are exceptions where you can actually make use of the fact that the microwaves cannot pass through metal. If you cover food with aluminium foil at specific points while it is defrosting or cooking, you can prevent those parts from getting too warm, too hot, or overcooked. Please check out the advice given in the guide.

THIS IS WHAT YOUR NEW COMBINATION MICROWAVE OVEN CAN DO

MICROWAVE OPERATION
By using the microwave facility in your new combination microwave oven you can, for example, quickly heat up ready-prepared meals or drinks, or melt butter or chocolate in no time at all.
The microwave oven is equally good at defrosting food.
Sometimes, however, it is better to combine the microwave with convection heating or grilling (combined operation). You can then cook the food rapidly and brown it at the same time. Cooking times are generally much shorter than in conventional food preparation.

COMBINED OPERATION (MICROWAVE OPERATION WITH CONVECTION OR GRILL)
By combining two modes of operation the benefits of your oven are cleverly linked together.
You are able to choose between
- microwave + convection (ideal for joints of meat, poultry, puddings, bread and cakes) and
- microwave + grill (ideal for pizzas, snacks, quick fry-ups, joints, poultry, chicken legs, kebabs, Welsh rarebit and cooking au gratin).

Using the combination facility you can cook and brown food at the same time.
The advantage is that the convected heat or the heat from the grill quickly seals the pores in the outer layers of the food. The microwaves ensure a short and gentle cooking period. The juices are preserved inside the food and the outside is crisp.

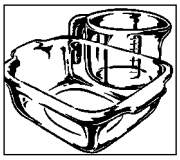
CONVECTION MODE
You can use the convection facility by itself without microwave operation. The results are the same as those provided by a conventional oven.

GRILL OPERATION
Your microwave oven is fitted with a quartz grill above the cooking area. Like any conventional grill it can be used without operating the microwave. Dishes can be rapidly browned or grilled in this mode.
In addition your oven has a second grill under the turntable. This facility can be used to brown food from below.

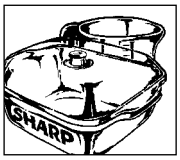
SUITABLE OVENWARE

SUITABLE OVENWARE FOR MICROWAVE COOKING

GLASS AND CERAMIC GLASS



Heat-resistant glass utensils are very suitable. The cooking process can be observed from all sides. They must not, however, contain any metal (e.g. lead crystal), nor have a metallic overlay (e.g. gold edge, cobalt blue finish).



CERAMICS

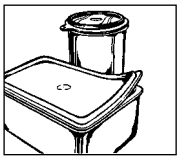
Generally very suitable. Ceramics must be glazed, since with unglazed ceramics moisture can get into the ceramic. Moisture causes the material to heat up and may make it shatter. If you are not certain whether your utensil is suitable for the microwave, carry out the utensil suitability test.

PORCELAIN

Very suitable. Ensure that the porcelain does not have a gold or silver overlay and that it does not contain any metal.

PLASTIC AND PAPER UTENSILS

Heat resistant plastic utensils which are suitable for



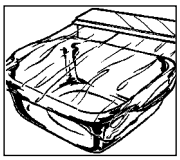
use in the microwave can be used to thaw, heat and cook food. Follow the manufacturer's recommendations.

Heat-resistant paper made for use in a microwave oven is also suitable.

Follow the manufacturer's recommendations.

KITCHEN PAPER

can be used to absorb any moisture which occurs in short heating methods, e.g. of bread or products in bread crumbs. Insert the paper between the food



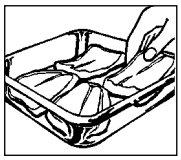
and the revolving plate. The surface of the food will stay crispy and dry. Covering greasy food with kitchen paper will catch splashes.

MICROWAVE FOIL

This, or heat-resistant foil, is very suitable for covering or wrapping. Please follow the manufacturer's recommendations.

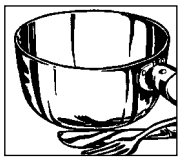
ROASTING BAGS

Can be used in a microwave oven. Metal clips are

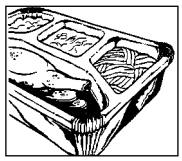


not suitable for fastening them since the roasting bag foil might melt. Fasten the roasting bag with string and pierce it several times with a fork. Non heat-resistant food wraps are not recommended for use in a microwave oven.

METAL



Generally speaking, metal should not be used, since microwaves do not pass through metal and therefore cannot reach the food. There are, however, exceptions: small strips of aluminium foil may be used to cover certain parts of the food, so that these do not thaw too quickly or begin to cook (e.g. chicken wings). Small metal skewers and aluminium containers (e.g. of ready- cooked meals) can be used. They must, however, be small in relation to the food, e.g.



aluminium containers must be at least $^{2}/_{3}$ to $^{3}/_{4}$ filled with food. It is recommended that you transfer the food into a dish suitable for use in the microwave. When using aluminium containers or other metal utensils there must be a gap of approx. 2 cms between them and the walls of the cooking area, otherwise the walls could be damaged by possible arcing.

NO UTENSIL SHOULD HAVE A METAL OVERLAY metal parts such as screws, bands or handles.

ENGLISH

SUITABLE OVENWARE

UTENSIL SUITABILITY TEST

If you are not sure whether your utensil is suitable for use in your microwave oven, carry out the following test: Place the utensil into the oven. Place a glass container filled with 150 ml of water on or next to the utensil. Switch on the oven at 900 W power for 1 to 2 minutes. If the utensil stays cool or just warm to the touch, it is suitable. Do not use this test on a plastic utensil. It could melt.

SUITABLE UTENSILS FOR COMBINED OPERATION

In general all heat-resistant microwave utensils are also suitable for combined operation. However you should be aware that the hot air or the grill makes the crockery very hot. Plastic utensils and film are therefore not suitable.

SUITABLE UTENSILS FOR CONVECTION AND GRILL OPERATION

When cooking with convection and grill, without microwave mode, you can use the same utensils you would use for any conventional oven or grill cookery.

Ovenproof glassware is very suitable for convection and grill operation and also Heat-resistant china. Pottery is generally very suitable provided that it is glazed. Metal baking trays, tins, clips, skewers and aluminium foil can be used as in conventional ovens. Roasting bags can be used in convection mode. They are not suitable for use under the grill. Please note the maximum temperature stated on the packaging. Pierce the bag several times with a fork on the upper surface of the bag.

TIPS AND ADVICE

BEFORE YOU START....

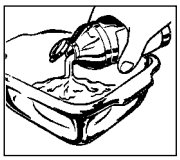
To make it as easy as possible to use the microwave oven we have put together a few hints and tips for you. Only switch on the oven when the food is already inside.

SETTING THE COOKING TIME

Defrosting, re-heating and cooking times are generally much shorter than in a conventional oven or hob. So you will need to consult this book for the recommended cooking times. It is better to set shorter rather than longer cooking times. Always test the food after the cooking time has elapsed. It is better then to continue cooking it for a little longer, than to have overcooked food.

STARTING TEMPERATURE

Defrosting, re-heating and cooking times depend on the temperature of the food when you start. For example, deep frozen and refridgerated food will need longer than food that is at room temperature. Standard storage temperaturs of food are assumed for re-heating and cooking times (refridgerator temperature of 5° C, Room temperature of approximately 20° C). For defrosting food a starting temperature of -18° C is assumed.



Do not cook **eggs** in the unbroken shells. Pressure builds up inside the shell and this may result in the egg exploding.

Do not heat **oil or fat** for deep-frying inside the microwave oven. It is impossible to control the temperature of the oil and it may suddenly splash out of the pan.

Do not heat **sealed containers** such as jars or tins. The pressure inside the container could cause the container to explode. (The exception is when you are making preserves).

COOKING TIMES

All the times given in this cookery book are guidelines, which can be varied according to the initial temperature, weight and condition of the food (water or fat content etc.).

SALT, SPICES AND HERBS

Food cooked in your microwave retains its individual flavour better than it does when conventional preparation methods are used. For this reason you should use salt sparingly and normally add it only after cooking. Salt absorbs liquid and dries out the outer layer of food. Herbs and spices can be used as normal.

TESTING THE FOOD

You can test whether food is cooked in the same way as conventional cookery.

- Using a food thermometer. After cooking or re-heating all foods have a certain internal temperature. You can use a food thermometer to test whether the food is hot enough, or 'done'.
- Using a fork. Test fish with a fork. If the flesh is not transparent and comes off the bone easily, it is done. If it is overcooked, it will be brittle and dry.
- Wooden skewer. Test cakes and bread by sticking in a wooden skewer. If the skewer comes out clean and dry, the food is ready.

USING A FOOD THERMOMETER TO DETERMINE COOKING TIME

Once cooked, every drink and every foodstuff has a certain internal temperature at which the cooking process can be switched off and the food will be cooked. The internal temperature can be ascertained with a food thermometer. The most important temperatures are specified in the temperature table.

TEMPERATURE TABLE

Drink / Food	Internal temperature once cooked	Internal temp. after 10 - 15 mins standing time
Heating drinks (Coffee, Water, Tea, etc.)	65-75° C	
Heating milk	60-65° C	
Heating soup	75-80° C	
Heating stew	75-80° C	
Poultry	80-85° C	85-90° C
Lamb		
Pink	70° C	70-75° C
Well done	75-80° C	80-85° C
Roast beef		
Rare	50-55° C	55-60° C
Medium	60-65° C	65-70° C
Well done	75-80° C	80-85° C
Pork, Veal	80-85° C	80-85° C

ADDITION OF WATER

Vegetables and other foods with a high water content can be cooked in their own juice or with the addition of a little water. This ensures that many vitamins and minerals are preserved.

FOOD IN SKINS OR SHELLS

Foods such as sausages, chickens, chicken legs, baked potatoes, tomatoes, apples, egg yolks or such like should be pricked or pierced with a fork or small wooden skewer. This will enable the steam which forms to dissipate without splitting the skin or shell.

FATTY FOODS

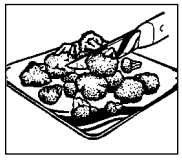
Fatty meat and layers of fat cook better than lean portions of meat. Before cooking, cover the fatty portions with a piece of aluminium foil or place the food with the fat side down.

BLANCHING VEGETABLES

Before they are frozen vegetables should be blanched. This is the best way of retaining the quality and flavour. How to blanch vegetables:
Wash and chop the vegetable, place 250g of the vegetable in a bowl with 275ml of water, cover and heat for 3-5 minutes.
Plunge into cold water immediately after the blanching process to prevent further cooking, and then allow it to drain. Pack and freeze the vegetable in airtight containers.

TIPS AND ADVICE

PRESERVING FRUIT AND VEGETABLES

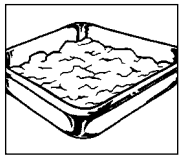


Preserving fruit and vegetables using the microwave is a quick and easy process. You can buy preserving jars, seals and preserving jar clamps specially designed for microwave use. Precise instructions are provided by the manufacturers of these items.

LARGE AND SMALL QUANTITIES

Microwave times are directly dependent upon the amount of food which you would like to thaw, heat or cook. This means that small portions cook more quickly than larger ones. As a rule of thumb:
TWICE THE AMOUNT = ALMOST TWICE THE TIME
HALF THE AMOUNT = HALF THE TIME

DEEP AND SHALLOW CONTAINERS

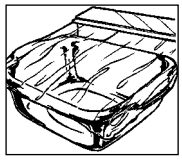


Both containers have the same capacity, but the cooking time is longer for the deeper one. You should therefore choose as flat a container as possible with a large surface area. Only use deep containers for dishes where there is a danger of
overcooking, e.g. for noodles, rice, milk etc..

ROUND AND OVAL CONTAINERS

Food cooks more evenly in round or oval containers than in containers with corners, since the microwave energy concentrates in the corners and the food in these areas could become overcooked.

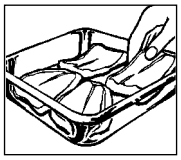
COVERING



Covering the food retains the moisture within it and shortens the cooking time. Use a lid, microwave foil or a cover. Foods which are to be crispy, e.g. roasts or chickens, should not be covered. As a general rule, whatever would be covered in a conventional oven should also be covered in a microwave oven. Whatever would be uncovered in a conventional oven can also be left uncovered in a microwave oven.

IRREGULAR SHAPED FOOD

Place the thicker, more compacted end of the food

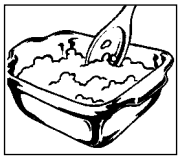


pointing towards the outside. Place vegetables (such as broccoli) with the stalks pointing outward.

STIRRING

Stirring the food is necessary, since the microwaves begin by heating the outer areas. The temperature is thereby equalised and the food heats up evenly.

ARRANGEMENT OF FOOD

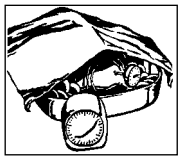


Place a number of individual portions, such as small pudding moulds, cups or potatoes in their jackets, in a circle on the turntable. Keep the portions at a distance from each other so that the microwave energy can reach the food from all sides.

TURNING

Medium-sized items, such as hamburgers and steaks, should be turned over once during cooking, in order to shorten the cooking process. Large items, such as roasts and chickens, must be turned, since the upper side receives more microwave energy and could dry out if not turned.

STANDING TIME



Keeping to the standing time is one of the most important rules with microwaves. Almost all foods, which are thawed, heated or cooked in the microwave, require a certain amount of time to stand, during which temperature equalisation takes place and the moisture in the food is evenly distributed.

HEATING

- Ready-prepared meals in aluminium containers should be removed from the aluminium container and heated on a plate or in a dish.
- Remove the lids from firmly closed containers.
- Food should be covered with microwave foil, a plate or cover (obtainable from stores), so that the surface does not dry out. Drinks need not be covered.
- When boiling liquids such as water, coffee, tea or milk, place a glass stirrer in the container.
- If possible, stir large quantities from time to time, to ensure that the temperature is evenly distributed.
- The times are for food at a room temperature of 20° C. The heating time for food stored in a refrigerator should be increased slightly.
- After heating allow the food to stand for 1-2 minutes, so that the temperature inside the food can be evenly distributed (standing time).
- The times given are guidelines which can be varied according to the initial temperature, weight, water content, fat content or the result which you wish to achieve.

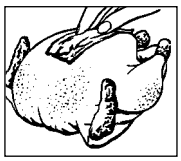
DEFROSTING

Your microwave is ideal for thawing. Thawing times are usually considerably shorter than in traditional methods. Here are a few tips. Take the frozen item out of its packaging and place on a plate for thawing.

BOXES AND CONTAINERS

Boxes and containers suitable for microwaves are particularly good for thawing and heating food, since they can withstand temperatures in a deep freeze (down to approx. -40° C) as well as being heat-resistant (up to approx. 220° C). You can therefore use the same container to freeze, thaw, heat and even cook the food, without having to transfer it.

COVERING

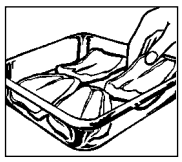


Cover thin parts with small strips of aluminium foil before thawing. Thawed or warm parts should likewise be covered with aluminium strips during thawing. This stops the thin parts becoming too hot while thicker parts are still frozen.

CORRECT SETTING

It is better to choose a setting which is too low rather than one which is too high. By so doing you will ensure that the food thaws evenly. If the microwave setting is too high, the surface of the food will already have begun to cook while the inside is still frozen.

TURNING/STIRRING



Almost all foods have to be turned or stirred from time to time. As early as possible, separate parts which are stuck together and rearrange them.

SMALL AMOUNTS...

thaw more quickly and evenly than larger ones. We recommend that you freeze portions which are as small as possible. By so doing you will be able to prepare whole menus quickly and easily.

FOODS REQUIRING CAREFUL HANDLING

Foods such as gateaux, cream, cheese and bread should only be partially thawed and then left to thaw completely at room temperature. By so doing you will avoid the outer areas becoming too hot while the inside is still frozen.

STANDING TIME

This is particularly important after thawing food, as the thawing process continues during this period. In the thawing table you will find the standing times for various foods. Thick, dense foods require a longer standing time than thinner foods or food of a porous nature. If the food has not thawed sufficiently, you may continue thawing it in the microwave oven or lengthen the standing time accordingly. At the end of the standing time you should process the food as soon as possible and not re-freeze it.

DEFROSTING AND COOKING

Deep-frozen dishes can be thawed and cooked at the same time in one process in your microwave. You will find some examples in the table. Do take note, however, of the general advice given on "heating" and "thawing" food.

Please refer to the manufacturer's instructions on the packaging when preparing deep- frozen dishes. These usually contain precise cooking times and offer advice on preparation.

COOKING MEAT, FISH AND POULTRY

- When buying food items, try to ensure that, as far as possible, they are of similar size. This will ensure that they are cooked properly.
- Before preparation wash meat, fish and poultry thoroughly under cold running water and pat them dry with kitchen paper. Then continue as normal.
- Beef should be well hung and have little gristle.
- Even though the pieces may be of a similar size, cooking results may vary. This is due, amongst other things, to the kind of food, variations in the fat and moisture content as well as the temperature before cooking.
- After the food has been cooking for 15 minutes it acquires a natural brownness, which may be enhanced by the use of a browning agent. If, in addition, you would like the surface to be crisp you should either use the browning dish or sear the food on your cooker and finish cooking it in your microwave. By doing this you will simultaneously obtain a brown base for making a sauce.
- Turn large pieces of meat, fish or poultry half way through the cooking time, so that they are cooked evenly from all sides.
- After cooking cover roasts with aluminium foil and allow them to stand for approx. 10 minutes (standing time). During this period the roast carries on cooking and the liquid is evenly distributed, so that when it is carved a minimum amount of juice is lost.

COOKING FRESH VEGETABLES

- When buying vegetables try to ensure that, as far as possible, they are of similar size. This is particularly important when you want to cook the vegetables whole (e.g. boiled potatoes).
- Wash the vegetables before preparing them, clean them and only then weigh the required quantity for the recipe and chop them up.
- Season them as you would normally, but as a rule only add salt after cooking.
- Add about 5 tbsps of water for 500 g of vegetables. Vegetables which are high in fibre require a little more water. You will find information about this in the table.
- Vegetables are usually cooked in a dish with a lid. Those with a high moisture content, e.g. onions or boiled potatoes, can be cooked in microwave foil without adding water.
- After half the cooking time has elapsed vegetables should be stirred or turned over.
- After cooking allow the vegetables to stand for approx. 2 minutes, so that the temperature disperses evenly (standing time).
- The cooking times given are guidelines and depend upon the weight, initial temperature and condition of the type of vegetable in question. The fresher the vegetables, the shorter the cooking times.

SYMBOL EXPLANATION

MICROWAVE POWER

Your microwave has a power of 900 W and five power settings. To select the required power level consult the recipe guide.
In general we recommend the following:

100 % Power = 900 Watt
Used to cook or heat up quickly, e.g. ready meals, hot drinks, vegetables, fish etc.

70 % Power = 630 Watt
Reduce the power to achieve longer cooking times when compact food such as roasts, or delicate foods such as cheese sauce. At the lower power setting liquids do not boil over, and meat cooks evenly, without overcooking at the edges.

50 % Power = 450 Watt
For compact foods that require longer cooking times by conventional methods, e.g. beef casseroles, we recommend that you reduce the power and increase the cooking time. This makes the meat more tender.

30 % Power = 270 Watt
Select this power llevel to defrost. This ensures that the food defrosts evenly. This level is also ideal for simmering rice, noodles and dumplings.

10 % Power = 90 Watt
This level is used for defrosting delicate foods (which must not get hot) e.g. cream cakes.

W = WATT

Symbol Explanation

Top Grill
A versatile attachment for browning and grilling meat, poultry and fish.

Bottom Grill
This mode can be used to brown food from below.

Top and Bottom Grill
Simultaneous operation of the grill from above and from below. This combination is particularly suitable for e.g. toasted bread, quiches and rissoles.

Convection
In this mode you can choose between 10 heat settings (40° C - 250° C).

DUAL: Microwave and Convection
In this mode you can combine certain microwave power settings with a selected convected air temperature (40° C - 250° C).
Microwave power is limited to 50 % in combination mode.

DUAL: Microwave and Top Grill
DUAL: Microwave and Bottom Grill
In these two modes a variety of microwave power settings can be combined with the top grill or bottom grill.

ENGLISH

COOKING CHARTS

TABLE : DEFROSTING BY MICROWAVE

Food	Quantity -g-	Output Watts	Defrost time -Min-	Instructions	Stand time -Min-
Sausages	300	270 W	3-5	place sausages side by side, turn halfway through defrost period	5-10
Crab	300	270 W	6-8	turn halfway through the defrost period and remove defrosted parts	5
Bread, sliced	250	270 W	2-3	place slices side by side, first stage of defrost only	5
Bread, whole loaf	1000	270 W	8-10	turn halfway through defrost period	15
Cake, per piece	150	270 W	1-3		5
Gateau, whole 24cm				place on the turntable and use Ad-4 to defrost	60-90
Butter	250	270 W	2-3	first stage of defrost only	15
Fruit, eg. strawberries, raspberries, cherries plums	250	270 W	2-4	place side by side at equal intervals and turn halfway through defrost time	5

Please use the auto defrost program for poultry, chicken legs, chops, steak, minced meat, sliced bread and cake.

TABLE : DEFROSTING AND COOKING

Food	Quantity -g-	Setting	Output Watts	Cook time -Min-	Added water	Instructions	Standing time -Min-
Fish fillets	400		900 W	10-12	-	cover	1-2
Trout x 1	250		900 W	6-8	-	cover	1-2
Pre-prepared meal	400		900 W	8-10	-	cover, stir after 5 minutes	2
Vegetable	300		900 W	7-9	5 EL	cover, stir halfway through cooking period	2
Vegetable	450		900 W	9-11	5 EL	cover, stir halfway through cooking period	2
Herbal bread,	175		630 W	app. 3		place on the turntable	3-4
				app. 2			
Pre-baked Bread	80		900 W	1/2		place on the turntable,	
Rolls x 4			180° C	8-10		start defrosting and crisp up	

TABLE : HEATING UP DRINKS AND MEALS

Drink/meal	Quantity -g/ml-	Output Watt	Time -Min-	Instructions
Drink, 1 cup	150	900 W	app. 1	do not cover
Ready-prepared meal (vegetables, meat and side dishes)	400	900 W	3-5	sprinkle water over the sauce, cover, stir during cooking
Stew, soup	200	900 W	1-3	cover, stir after heating
Side dishes	200	900 W	app. 2	sprinkle with a little water, cover, stir, during cooking
Meat, 1 slice [1]	200	900 W	2-3	sprinkle with a little sauce, cover,
Sausages, x 2	180	450 W	app. 2	prick the skin several times
Baby food, 1 glass	190	450 W	1/2-1	remove the lid, stir well after heating and test the temperature
To melt butter or margarine [1]	50	900 W	1/2-1	
To melt chocolate	100	450 W	app. 3	stir during cooking
To dissolve 6 sheets of gelatine	10	450 W	1/2-1	soak in water, squeeze dry and place in a soup bowl; stir during cooking

[1]straight from the refrigerator

TABLE : COOKING FRESH VEGETABLES

Food	Quantity -g-	Output Watts	Cooking time -Mins-	Instructions	Water -tbsp-
Vegetables (eg. cauliflower, leeks, fennel broccoli, peppers, courgettes)	300	900 W	5-7	prepare as normal, cover and stir during cooking	5
	500	900 W	8-10		5

ENGLISH

COOKING CHARTS

TABLE : COOKING, GRILLING, BROWNING

Dish	Quantity -g-	Setting	Output Watts	Cooking time -Min-	Instructions	Standing time -Min-
Roast pork	500		450 W/	10-11(*)	Season to taste, place on the low rack	10
			160° C	7-8	turnover after (*)	
Roast pork	1000		450 W/	20-23(*)	Season to taste, place on the low rack	10
			160° C	14-17	turnover after (*)	
Roast pork	1500		450 W/	30-33(*)	Season to taste, place on the low rack	10
			160° C	23-25	turnover after (*)	
Roast beef medium	1000		630 W	5-8	Season to taste, place on the low rack	10
			630 W	7-10 (*)	with the fat side downwards,	
			630 W	2-5	turnover after (*)	
Roast beef medium	1500		630 W	12-14	Season to taste, place on the low rack	10
			630 W	12-14 (*)	with the fat side downwards,	
			630 W	4-5	turnover after (*)	
Cooked mince	700		450 W	20-23	Prepare mince (half pork/ half beef),	10
			450 W	6-9	place in an oven-proof dish on the turntable	
Chicken	1200				Use Auto-program AC-2 for Roast chicken	3
Chicken legs	200		270 W	4-6 (*)	Season to taste, place on the low rack	3
			270 W	ca. 4	with the skin downwards, turnover after (*)	
Chicken legs	600		450 W	7-9 (*)	Season to taste, place on the low rack	3
			450 W	2-3	with the skin downwards, turnover after (*)	
				5-6		
Trout	250		90 W	6-8 (*)	Wash, sprinkle with lemon juice, salt	3
			90 W	3-5	the fish inside and outside, brush with melted butter roll in flour, place on the high rack, turnover after (*)	
Rump steak	200			8-11(*)	Place on the high rack,	-
				6-8	turnover after (*)	
Grilled sausages 5 pieces	400			9-11(*)	Place on the high rack,	-
				6-7	turnover after (*)	
To brown puddings etc.				10-12	Place oven-proof dish on the low rack	-
Welsh rarebit	1		450 W	½	Toast the bread and spread it with	-
				4-5	butter; top with a slice of cooked ham, a slice of pineapple and a slice of	
	4		450 W	1	cheese. Prick the centre and place	
				5-7	on the high rack.	

ADAPTING RECIPES FOR THE MICROWAVE OVEN

If you would like to adapt your favourite recipes for the microwave, you should take note of the following:
Shorten cooking times by a third to a half. Follow the example of the recipes in this cookery book.
Foods which have a high moisture content such as meat, fish, poultry, vegetables, fruit, stews and soups can be prepared in your microwave without any difficulty. Foods which have little moisture, such as platters of food, should have the surface moistened prior to heating or cooking.
The amount of liquid to be added to raw foods, which are to be braised, should be reduced to about two thirds of the quantity in the original recipe. If necessary, add more liquid during cooking.
The amount of fat to be added can be reduced considerably. A small amount of butter, margarine or oil is sufficient to flavour food. For this reason your microwave is excellent for preparing low-fat foods as part of a diet.

FOR COMBINED OPERATION

In general the same rules apply as for microwave operation. The following additional tips should be borne in mind:

1. Refer to the appropriate recipe in this cookbook when selecting the convection temperature. Do not select too high a temperature for long cooking times, otherwise the food will brown too quickly on the outside and the inside will not be cooked.
2. The microwave power setting must match the type of food and the cooking time. Consult the recipes in this cookbook.
3. When preparing food in microwave-grill combination mode remember that microwave times are longer for large, bulky food, such as roast pork, than for small flat food. As far as grilling is concerned the situation is quite the opposite. The nearer the food is to the grill, the quicker it browns. This means that when you cook large pieces of meat, for example, in combination mode, the grilling time needs to be shorter than for smaller pieces of meat.
4. For cooking in combination mode or by convection only the bottom rack is generally used. Use the top rack for normal grilling to get quick and even browning (exceptions are large, bulky foods and puddings, which are also grilled on the bottom rack).

HOW TO USE RECIPES

- All the recipes in this cookery book are calculated on the basis of 4 servings - unless otherwise stated.
- Recommendations relating to suitable utensils and the total cooking times are given at the beginning of every recipe.
- As a rule the quantities shown are assumed to be wholly consumable, unless specifically indicated otherwise.
- When eggs are given in the recipes they are assumed to have weight of approx. 55 g (medium).

ABBREVIATIONS USED

tbsp = tablespoon	l = litre	min = minutes
tsp = teaspoon	ml = millilitre	sec = seconds
Cup = cupful	cm = centimetre	dm = diameter
kg = kilogram	DFC = dry fat content	app. = approximate
g = gram	DF = deep frozen	sach. = sachet

Soup and Starters

France

Onion soup

Soupe à l'oignon et au fromage

Total cooking time: approx. 15-18 minutes
Utensils required: bowl with lid (2 litres size)
4 soup bowls (x 200 ml)

Ingredients

1	*tbsp*	*butter or margarine*
2		*onions (100 g), sliced*
800	*ml*	*meat stock*
		salt & pepper
2		*slices of bread for toasting*
4 tbsp		*grated cheese*

Preparation

1. Place the butter cut up into pieces in the bowl. Add the sliced onion, the meat stock and the seasoning. Cover and microwave.

9-11 min.		900 W

2. Toast the slices of bread, cut them into cubes and divide them among the soup bowls. Pour the soup over the toast cubes and sprinkle on the cheese.
3. Place the bowls on the turntable, use the top grill and brown the cheese topping.

app. 6 min.	

Sweden

Crab soup

Kräftsoppa

Total cooking time: approx. 11-15 minutes
Utensils required: bowl with lid (2 litres size)

Ingredients

1		*onion (50 g), finely chopped*
50	*g*	*carrots, sliced*
3	*tbsp*	*butter or margarine (30 g)*
500	*ml*	*meat stock*
100	*ml*	*white wine & 100 ml Madeira wine*
200	*g*	*tinned crab meat*
1/2		*bay leaf*
3		*white peppercorns*
		thyme
3	*tbsp*	*flour (30 g)*
100	*ml*	*cream*

Preparation

1. Place the vegetables with 2 tbsp of the fat in the bowl. Cover and microwave.

2-3 min.		900 W

2. Add the meat stock, wine and Madeira together with the crab meat and the seasoning to the vegetables. Cover and microwave.

7-9 min.		450 W

3. Remove the bay leaf and the peppercorns from the soup. Blend the flour with a little cold water and add to the soup. Add the cream, stir it in and reheat.

2-3 min.		900 W

4. Stir the soup and leave it to stand for about 5 minutes. Add the butter shortly before serving.

Switzerland

Barley soup from the Grisons Canton

Bündner Gerstensuppe

Total cooking time: approx. 27-34 minutes
Utensils required: bowl with lid (3 litres size)

Ingredients

2	*tbsp*	*butter or margarine (20 g)*
1		*onion (50 g), finely chopped*
1-2		*carrots (130 g), sliced*
15	*g*	*celery, diced*
1		*leek (130 g), cut in rings*
3		*white cabbage leaves (100 g), shredded*
200	*g*	*veal bones*
50		*streaky bacon, shredded*
		pepper
50	*g*	*barleycorns*
700	*ml*	*meat stock*
4		*frankfurters*

Preparation

1. Put the butter and the onion in the bowl. Cover and cook.

1-2 min.		900 W

2. Put the vegetables in the bowl. Add the bones, streaky bacon and barley and top up with meat stock. Season with salt. Cover and microwave.

1. 9-11 min.		900 W
2. 17-21 min.		450 W

3. Cut up the sausages in small pieces and heat them in the bowl for the last 5 minutes.
4. Let the soup stand for about 5 minutes after cooking. Remove the bones from the soup shortly before serving.

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Soup and Starters

Germany

Mushrooms on toast
Champignontoast

Total cooking time: approx. 3-4 minutes
Utensils required: high rack

Ingredients

2	*tbsp*	*butter or margarine*
2		*garlic cloves, crushed*
		salt
4		*slices of bread for toasting*
75	*g*	*mushrooms, sliced*
		salt & pepper
75	*g*	*grated cheese*
4	*tbsp*	*parsley, finely chopped*
		sweet paprika

Preparation

1. Combine the butter, garlic and salt.
2. Toast the bread and spread with the garlic butter. Lay the mushrooms on top and season with salt and pepper.
3. Mix the cheese and parsley and arrange on top of the mushrooms. Sprinkle with paprika.
4. Place the toast and mushrooms on the high rack and microwave.

3-4 min.	⊞	270 W

Spain

Mushrooms with rosemary
Champiñonés rallenos al romero

Total cooking time: approx. 11-17 minutes
Utensils required: bowl with lid (1 litre size)
shallow round oven-proof dish (dm. approx. 26 cm),
microwave foil

Ingredients

8		*large mushrooms (app. 500 g), whole*
2	*tbsp*	*butter or margarine (20 g)*
1		*onion (50 g), finely chopped*
50	*g*	*ham, cut into small cubes*
		milled black pepper
		rosemary, bruised
125	*ml*	*dry white wine*
125	*ml*	*cream*
2	*tbsp*	*flour (20 g)*

Preparation

1. Remove the stalks from the mushrooms and chop the stalks into small pieces.
2. Put the butter in the bowl and spread it over the bottom. Add the onions and the diced ham and the mushroom stalks and season with pepper and rosemary. Cover and microwave.

3-5 min.	⊞	900 W

Allow to cool.

3. Heat 100 ml of the wine and the cream in the ovenproof dish covered with microwave foil.

1-3 min.	⊞	900 W

4. Blend the flour with the rest of the wine, stir into the heated liquid, cover and microwave. Stir once during cooking.

app. 1 min.	⊞	900 W

5. Fill the mushrooms with the ham mixture, add them to the sauce and cook using the high rack.

4-5 min.	⊞	630 W

Let the mushrooms stand for approx. 2 minutes when cooked.

Germany

Spicy Turkey
Pikante Putenpfanne *(for 2 servings)*

Total cooking time: approx. 22-27 minutes
Utensils required: shallow oval oven-proof dish with lid (26 cm)

Ingredients

1		*cup long-grain rice, parboiled (120 g)*
1		*sachet of saffron strands*
300	*g*	*turkey breast, diced*
250	*ml*	*meat stock*
1		*onion (50 g), sliced*
1		*red pepper (100 g), shredded*
1		*small leek (100 g), shredded*
		pepper and paprika
2	*tbsp*	*butter or margarine (20 g)*

Preparation

1. Mix the rice with the saffron and put it in the oven-proof dish with the diced meat. Pour the meat stock over, cover and microwave.

4-6 min.	⊞	900 W

2. Add the vegetables and seasoning and stir. Distribute the butter over the top. Cover and microwave.

1.	1-2 min.	⊞	900 W
2.	17-19 min.	⊞	270 W

Allow the Spicy Turkey to stand for 2-3 minutes after cooking.

ENGLISH

Meat, Fish and Poultry

Greece

Aubergines stuffed with minced meat
Melitsénes jemistés mé kimá

Total cooking time: approx. 17-20 minutes
Utensils required: bowl with lid (1 litre size)
shallow oval oven-proof dish with lid (approx. 32 cm long)

Ingredients

2		*aubergines, less stalks (app. 250 g)*
3		*tomatoes (app. 200 g)*
1	*tbsp*	*olive oil to grease the dish*
2		*onions (100 g), chopped*
4		*mild green chillies*
200	*g*	*mince (beef or lamb)*
2		*garlic cloves, crushed*
2	*tbsp*	*parsley, chopped*
		salt & pepper
		pink paprika
60	*g*	*Feta cheese, diced*

Tip:
You can substitute courgettes for the aubergines.

Preparation
1. Cut the aubergines in half lengthways. Scoop out the flesh with a teaspoon to leave a shell about 1 cm thick. Sprinkle the aubergines with salt and dice the scooped-out flesh.
2. Remove the skin from two of the tomatoes and chop them up, having first cut out the stalks.
3. Grease the bottom of the bowl with the olive oil. Add the onions. Cover and cook.

app. 2 min.	▦	900 W

4. Remove the stalks and seeds from the chillies and cut them into rings. Retain a third for the garnish. Mix the minced meat with the diced aubergines, onions and tomatoes, the chilli rings, the crushed garlic clove and the parsley. Season to taste.
5. Dry the aubergine halves. Fill with half of the mince mixture, spread the sheep's cheese on top, and then add the rest of the filling.
6. Arrange the aubergine halves in the greased oven-proof dish, place the dish on the turntable and cook using bottom grill and microwave.

11-13 min.	▦ ≀≀	630 W

Garnish the aubergine halves with the chilli rings and slices of tomato and continue cooking.

4-5 min.	▦ ≀≀	630 W

Allow the aubergines to stand for about 2 minutes after cooking.

Spain

Stuffed ham
Jamón relleno

Total cooking time: approx. 13-18 minutes
Utensils required: bowl with lid (2 litres size)
shallow oval oven-proof dish (approx. 26 cm long)
8 small wooden skewers

Ingredients

150	*g*	*leaf spinach with stalks removed*
150	*g*	*quark, 20 % fat content*
50	*g*	*grated Emmenthal cheese*
		pepper
		sweet paprika
8		*slices of cooked ham (400 g)*
125	*ml*	*water*
125	*ml*	*cream*
2	*tbsp*	*flour (20 g)*
2	*tbsp*	*butter or margarine (20 g)*
1	*tsp*	*butter or margarine to grease dish*

Preparation
1. Cut up the spinach finely, blend it with the quark and the cheese and season to taste.
2. Cover each slice of cooked ham with a tablespoon of the filling and roll it up. Insert a skewer into each roll.
3. To make a béchamel sauce, pour the liquid into the bowl, cover and heat.

2-4 min.	▦	900 W

Mix the butter with the flour, add it to the liquid and stir with a whisk until smooth and dissolved. Cover and bring it to the boil so that it thickens.

app. 1 min.	▦	900 W

Stir and taste.
4. Place the rolls of ham in the greased oven-proof dish, pour the sauce over and microwave on the turntable.

1.	2-4 min.	▦	900 W
2.	8-9 min.	▦ ≀≀	630 W

Allow the rolls to stand for about 5 minutes after cooking.

Tip:
You can also use shop-bought ready-made béchamel sauce.

Meat, Fish and Poultry

Italy

Quails in cheese and herb sauce
Quagile in salsa vellutata

Total cooking time: approx. 16-19 minutes
Utensils required: thread
shallow square oven-proof dish (approx. 20 x 20 x 6 cm)
bowl with lid

Ingredients

4		*quails (600 g)*
		salt & pepper
200	*g*	*streaky bacon, thinly sliced*
1	*tsp*	*butter or margarine to grease dish*
per 1	*tbsp*	*fresh parsley*
		sage, rosemary
		basil, finely chopped
150	*ml*	*port wine*
250	*ml*	*meat stock*
2	*tbsp*	*butter or margarine (20 g)*
2	*tbsp*	*flour (20 g)*
50	*g*	*grated Emmenthal cheese*

Preparation

1. Wash the quails and carefully dry them. Apply salt and pepper to the inside and outside of the quails. Wrap them in slices of bacon and secure with thread.
2. Place the quails into the greased dish. Put on the turntable and cook using Dual Grill.

8-10 min.		630 W

3. Place the quails in the dish with the grilled side downwards. Finely chop the herbs, scatter over the quails and pour over the port wine.

4-5 min.		630 W

Remove the quails from the broth and wrap them in aluminium foil.

4. To make the sauce, heat the meat stock in the covered bowl.

app. 2 min.		900 W

Mix the butter into the flour, stir it into the liquid, bring it to the boil and microwave.
Stir once during cooking.

app. 2 min.		900 W

5. Stir the cheese into the sauce. Add the cheese sauce to the broth and mix everything thoroughly together. Add the quails to the sauce and serve.

Switzerland

Zurich creamed meat
Züricher Geschnetzeltes

Total cooking time: approx. 9-14 minutes
Utensils required: bowl with lid (2 litres size)

Ingredients

600	*g*	*fillet of veal*
1	*tbsp*	*butter or margarine*
1		*onions (50 g), finely chopped*
100	*ml*	*white wine*
		dark sauce binder with seasoning for about litre of sauce
300	*ml*	*cream*
1	*tbsp*	*parsley, chopped*

Preparation

1. Cut the fillet into finger-sized strips.
2. Spread the butter evenly over the dish. Put the onion and the meat in the dish. Cover and microwave. Stir once during cooking.

6-9 min.		900 W

3. Add the white wine, sauce binder and cream and stir. Cover and microwave further. Stir once during cooking.

3-5 min.		900 W

4. Taste, stir once more and leave standing for about 5 minutes. Serve garnished with parsley.

ENGLISH

Meat, Fish and Poultry

Italy

Veal cutlet with mozzarella
Scaloppe all pizzalola

Total cooking time: approx. 23-26 minutes
Utensils required: shallow square oven-proof dish with lid (approx. 25 cm long)

Ingredients

2		*mozzarella cheese (x 150 g)*
400	*g*	*peeled tinned tomatoes (less liquid)*
4		*veal cutlets (600 g)*
20	*ml*	*olive oil*
2		*cloves of garlic, sliced*
		freshly milled pepper
2	*tbsp*	*capers (20 g)*
		oregano, salt

Preparation
1. Cut the mozzarella into slices. Puree the tomatoes with the puree attachment of a hand mixer.
2. Wash the cutlets, dry them and beat them flat. Distribute the oil and the garlic slices over the bottom of the oven-proof dish. Add the cutlets and pour over the tomato puree. Sprinkle with pepper, capers and oregano and cover and cook.

15-17 min.	⊞	630 W

Turn the meat slices.
3. Place a few slices of mozzarella on each piece of meat, add salt and grill uncovered on the top grill.

8-9 min.	⊔

After cooking allow to stand for about 5 minutes.

Tip:
Spaghetti and a fresh salad can be served with this dish.

Germany

Pork kebabs
Bunte Fleischspiesse

Total cooking time: approx. 14 minutes
Utensils required: high rack
four wooden skewers
(app. 25 cm long)

Ingredients

400	*g*	*escalope of pork*
100	*g*	*smoked belly of pork*
2		*onions (100 g), in quarters*
4		*tomatoes (250 g), in quarters*
1/2		*green pepper (100 g), in eight pieces*
4	*tbsp*	*oil*
2	*tsp*	*sweet paprika*
		salt
1/2	*tsp*	*cayenne pepper*
1	*tsp*	*worcester sauce*

Preparation
1. Cut the escalope of pork and the pork belly into 2-3 cm cubes.
2. Thread meat and vegetables alternately on four wooden skewers.
3. Combine the oil with the spices and brush over the kebabs. Place the kebabs on the High Rack and cook.

AUTO COOK AC-1	

Netherlands

Meat loaf
Gehacktschotel

Total cooking time: approx. 23-27 minutes
Utensils required: bowl with lid (2 litres size)

Ingredients

500	*g*	*minced meat (half pork, half beef)*
3		*onions (150 g), finely chopped*
1		*egg*
50	*g*	*breadcrumbs*
		salt & pepper
350	*ml*	*meat stock*
70	*g*	*tomato puree*
2		*potatoes (200 g), diced*
2		*carrots (200 g), diced*
2	*tbsp*	*parsley, chopped*

Preparation
1. Knead the minced meat, onion cubes, egg and breadcrumbs into a dough and season with salt and pepper. Place the meat loaf in the dish.
2. Mix the meat stock with the tomato puree.
3. Arrange the potatoes and carrots around the meat loaf together with the liquid. Cover and microwave. Turn once during cooking.

23-27 min.	⊞	900 W

Give the contents of the dish a final adjustment and leave to stand for about 5 minutes. Serve sprinkled with parsley.

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Meat, Fish and Poultry

France

Fillets of sole

Filets de sole *(for 2 servings)*

Total cooking time: approx. 12-14 minutes
Utensils required: shallow oval oven-proof dish with lid (approx. 26 cm long)

Ingredients

400	*g*	*sole fillets*
1		*lemon, untreated*
2		*tomatoes (150 g)*
1	*tsp*	*butter or margarine to grease dish*
1	*tbsp*	*vegetable oil*
1	*tbsp*	*parsley, chopped*
		salt & pepper
4	*tbsp*	*white wine (30 ml)*
2	*tbsp*	*butter or margarine (20 g)*

Preparation

1. Wash the sole fillets and dab them dry. Remove bones.
2. Thinly slice the lemon and the tomatoes.
3. Grease the oven-proof dish with butter. Place the fish fillets in the dish and sprinkle vegetable oil over them.
4. Sprinkle the parsley over the fish fillets, arrange the tomato slices on them and season. Top the tomatoes with the slices of lemon and pour over the white wine.
5. Dot the lemons with flakes of butter. Cover and microwave.

12-14 min.	▥	630 W

Allow the fish fillets to stand for about 2 minutes after cooking.

You can also use bass, halibut, grayling, plaice or cod for this dish.

Switzerland

Fish fillets with cheese sauce

Fischfilet mit Käsesauce

Total cooking time: approx. 23-27 minutes
Utensils required: bowl with lid (1 litre size)
shallow oval oven-proof dish (approx. 25 cm long)

Ingredients

4		*fish fillets (app. 800 g)*
		(e.g. perch, flounder or cod)
2	*tbsp*	*lemon juice*
		salt
1	*tbsp*	*butter or margarine*
1		*onion (50 g), finely chopped*
2	*tbsp*	*flour (20 g)*
100	*ml*	*white wine*
1	*tsp*	*vegetable oil to grease the dish*
100	*ml*	*grated Emmental cheese*
2	*tbsp*	*chopped parsley*

Preparation

1. Wash the fillets, dry them and sprinkle with lemon juice. Leave to stand for about 15 min., dry them again and sprinkle with salt.
2. Spread the butter on the bottom of the bowl. Add the chopped onion, cover and cook.

1-2 min.	▥	900 W

3. Coat the onion with flour and stir. Pour on the white wine and mix together.
4. Grease the oven-proof dish and put in the fillets. Pour the sauce over the fillets and sprinkle with cheese. Place on the turntable and cook.

1.	13-14 min.	▥	450 W
2.	9-11 min.	▥	450 W

Let the fish fillets stand for about 2 minutes after cooking. Serve garnished with chopped parsley.

ENGLISH

Meat, Fish and Poultry

Germany

Almond trout
Mandelforellen

Total cooking time: approx. 11 1/2 - 15 minutes
Utensils required: shallow oval oven-proof dish (approx. 30 cm long)

Ingredients

4		*trout (x 200 g), trimmed*
		juice of one lemon
		salt
30	*g*	*butter or margarine*
5	*tbsp*	*flour (50 g)*
1	*tsp*	*butter or margarine to grease dish*
50	*g*	*almond flakes*

Preparation

1. Wash and dry the trout and sprinkle with lemon juice. Apply salt to the interior and exterior of the fish and leave to stand for 15 minutes.
2. Melt the butter.

1/2-1 min.	⊞	900 W

3. Dry the fish, spread on the butter and roll in the flour.
4. Grease the dish. Put the trout in the dish and cook on the low rack.

9-11 min.	⊞	630 W

Turn the trout and scatter the almonds over them.

2-3 min.	⊞	630 W

Allow the almond trout to stand for 2 minutes after cooking.

Tip:
Suitable accompanying dishes are parsley potatoes and a green salad.

France

Toasted ham and cheese sandwich
Croque monsieur

Total cooking time: approx. 4 1/2 - 5 minutes

Ingredients

2		*slices of toast*
20	*g*	*butter*
1-2		*cheese slices*
		(depending on the size of the toast)
1		*slice of cooked ham*
1	*tbsp*	*crème fraiche*
ca. 30 g		*grated cheese*

Preparation

1. Spread butter on the slices of toast.
2. Place the cheese on a slice of toast followed by the ham. Spread with creme fraiche.
3. Top with the other slice of toast and sprinkle with the grated cheese.
   Place the sandwich on the turntable and cook.

1. 1 1/2 - 2 min.	⊞	270 W
2. app. 3 min.	⊠	

France

Prawn quiche
Quiche aux crevettes

Total cooking time: 20-25 minutes
Utensils required: bowl with lid (1 litre)

Ingredients

200	*g*	*flour*
120	*g*	*butter or margarine*
4	*tbsp*	*cold water*
2	*tbsp*	*butter or margarine*
2		*onions (100 g), finely chopped*
100	*g*	*bacon, finely diced*
150	*g*	*prawns, less shells*
2		*eggs*
100	*ml*	*thick sour cream*
		salt, pepper & nutmeg
1	*tbsp*	*parsley, chopped*

Preparation

1. Knead together the flour, butter and water and leave the pastry in a cool place for 30 minutes.
2. Divide the butter in the dish. Put the onions, bacon and prawns in the dish. Cover and cook. Stir once during cooking.

4-6 min.	⊞	900 W

3. Pour off the liquid when it has cooled. Beat the eggs with the sour cream and the herbs and spices.
4. Roll out the pastry a little larger than the turntable. Place it on the turntable. Fold the excess pastry to form the sides of the quiche. Prick the base of the pastry several times with a fork.
5. Mix the ingredients for the filling, distribute it over the base and bake.

1. 12-14 min.	⊞	270 W
2. 4-5 min.	⊠	

Snacks

Germany

Scrambled egg with onions and bacon
Rührei mit Zwiebeln und Speck

Total cooking time: 4-5 minutes

Ingredients

5-10	*g*	*margarine*
25	*g*	*onion, finely chopped*
40	*g*	*bacon*
3		*eggs*
3	*tbsp*	*milk*
		salt & pepper

Preparation

1. Distribute the fat, onion and bacon over the turntable and lightly braise.

2-3 min.		450 W

2. Beat the eggs with the milk and the seasoning. Pour the egg and milk mixture over the onion and bacon and microwave to set it.

app. 2 min.		900 W

Stir the scrambled egg once during cooking.

Hamburgers
Hamburger

Total cooking time: 13-15 minutes

Ingredients

400	*g*	*minced beef*
		salt & pepper

Preparation

1. Knead the ingredients into a smooth meat loaf mixture. With cold hands divide the mixture into four similarly sized, flat meat patties. Place the patties on the turntable and cook.

10-12 min.		270 W

2. Turn the meat patties.

app. 3 min.	

Italy

Artichoke pizza
Pizza al carciofi

Total cooking time: 17-18 minutes
Utensils required: turntable

Ingredients

150	*g*	*flour*
4	*g*	*dried yeast*
1	*tsp*	*sugar*
		salt
2	*tsp*	*oil*
90	*ml*	*lukewarm water*
300	*g*	*tinned tomatoes, drained*
100	*g*	*artichoke hearts*
1	*tsp*	*olive oil to grease the turntable*
		basil, oregano, thyme
		salt & pepper
1	*tbsp*	*tomato puree*
30	*g*	*salami, sliced*
50	*g*	*cooked ham*
10		*olives*
100	*g*	*grated cheese*

Preparation

1. Mix the flour with the dried yeast, sugar and salt ($^1/_2$ tsp.).
   Add the oil and water and knead to make a workable dough. Place in the microwave oven and cook.

2-3 min.		90 W

   Then let the dough stand covered for a further 10-15 minutes.
2. Chop the peeled tomatoes and cut the artichoke hearts in quarters.
3. Grease the turntable with the oil. Roll out the bread dough and place it on the turntable.
4. Spread the tomato puree on the dough and cover it with the tomatoes.
   Season to taste and top with the remaining ingredients. Finally arrange the olives on the pizza and sprinkle on the cheese.
   The recipe yields approx. 0.9 kg.

P-3 PIZZA	

ENGLISH

Snacks

France

Onion tart
Tarte à l'oignion

Total cooking time: approx. 22-28 minutes
Utensils required: bowl with lid (2 litres)

Ingredients

15	*g*	*yeast*
185	*g*	*flour*
60	*ml*	*oil*
1	*tsp*	*salt*
30	*g*	*margarine or butter*
600	*g*	*onions, chopped*
2		*eggs*
150	*g*	*crème fraiche*
		salt & paprika
		freshly milled nutmeg
50	*g*	*streaky bacon*
		marjoram or thyme

Preparation

1. Crumble the yeast and dissolve in 75 ml of lukewarm water. Put the flour, oil, salt and dissolved yeast into a bowl and knead it to a smooth dough.
   Place in the microwave oven.

app. 2 min.	90 W

   Then let the dough stand for 10-15 minutes.
2. Divide the margarine in another bowl and sweat the onions until transparent.
   Stir halfway through the cooking period.

7-9 min.	900 W

3. Allow the onions to cool and then pour off the liquid. Gradually mix in the eggs and the crème fraiche. Season with salt, pepper and nutmeg.
4. Roll out the dough on a floured surface the size of the turntable.
   Grease the turntable. Place the dough on the turntable and fold up the edges.
   Leave the dough for a further 10 minutes.
5. Cut the bacon into small cubes. Spread the onion mixture over the dough and dot with cubes of bacon, sprinkle over marjoram or thyme, and cook.

1.	7-8 min.	630 W
2.	4-6 min.	
3.	2-3 min.	

Austria

Baked spinach
Spinatauflauf

Total cooking time: approx. 43-46 minutes
Utensils required: bowl with lid (1 litre size)
shallow oval oven-proof dish (approx. 25 cm long)

Ingredients

2	*tbsp*	*butter or margarine (20 g)*
1		*onion (50 g), finely chopped*
600	*g*	*leaf spinach, frozen*
		salt & pepper
		nutmeg
		garlic powder
1	*tsp*	*butter or margarine to grease dish*
400	*g*	*boiled potatoes, sliced*
200	*g*	*cooked ham, diced*
3		*eggs*
100	*ml*	*cream (crème fraiche)*
100	*g*	*grated cheese (e.g. gouda)*
		paprika

Preparation

1. Divide the butter on the bottom of the bowl, add the chopped onion, cover and lightly cook.

2-3 min.	900 W

2. Add the spinach, cover the bowl and microwave. Stir once or twice during cooking.

12-14 min.	900 W

   Pour off the liquid and season the spinach.
3. Grease the oven-proof dish. Place the slices of potato, the diced ham and the spinach alternately in the dish in layers, finishing with potatoes.
4. Blend the eggs with the cream, season and pour over the vegetables. Sprinkle grated cheese over the dish and top with a sprinkling of paprika.
   The recipe yields approx. 1.5 kg.

AUTO COOK AC-4

   Allow the dish to stand for approx. 10 minutes after cooking.

Tip:
You can vary the ingredients for this dish according to taste, e.g. with broccoli, salami or pasta.

Vegetables, Noodles, Rice and Pasta

Germany

Baked broccoli and potato with mushrooms

Broccoli-Kartokkelauflauf mit Champignons

Total cooking time: approx. 40-42 minutes
Utensils required: bowl with lid (2 litres size)
round oven-proof dish (dm. 26 cm)

Ingredients

350	*g*	*potatoes, peeled and optionally halved*
350	*g*	*broccoli, in florets*
6	*tbsp*	*water (60 ml)*
1	*tsp*	*butter or margarine to grease dish*
350	*g*	*mushrooms, sliced*
1	*tbsp*	*parsley, finely chopped*
		salt & pepper
3		*eggs*
120	*ml*	*cream*
120	*ml*	*milk*
		salt & pepper
		nutmeg
80	*g*	*grated gouda cheese*

Preparation

1. Put the potatoes and broccoli in the bowl. Add the water, cover and microwave. Stir once during cooking.

11-13 min.	▥	900 W

3. Grease the oven-proof dish. Put in the broccoli, the mushrooms and the potatoes alternately in layers. Sprinkle over parsley and season with salt and pepper.
4. Combine the eggs with the liquid and seasoning and pour over the vegetables. Sprinkle the cheese over the dish and microwave. The recipe yields approx. 1.5 kg.

AUTO COOK AC-4	

Allow the dish to stand for approx. 10 minutes after cooking.

Germany

Baked courgettes and pasta

Zucchini-Nudel-Auflauf

Total cooking time: approx. 41-44 minutes
Utensils required: bowl with lid (2 litres size)
oven-proof dish
(approx. 26 cm long)

Ingredients

500	*ml*	*water*
1/2	*tsp*	*oil*
80	*g*	*macaroni*
400	*g*	*tinned tomatoes, chopped*
3		*onions (150 g), finely chopped*
		basil, thyme, salt, pepper
1	*tbsp*	*oil to grease the dish*
450	*g*	*courgettes, sliced*
150	*g*	*sour cream*
2		*eggs*
100	*g*	*grated cheddar cheese*

Preparation

1. Put the water, oil and salt in the bowl, cover and bring to the boil.

3-4 min.	▥	900 W

2. Break the macaroni into pieces and add them to the dish. Stir and allow to soak.

9-11 min.	▥	270 W

Drain the pasta and allow to cool.

3. Mix the tomatoes with the onions and season well. Add the macaroni and pour over the tomato sauce. Divide the courgette slices on top.
4. Beat the sour cream and the eggs and pour over the dish. Sprinkle the grated cheese on top and cook. The recipe yields approx. 1.5 kg

AUTO COOK AC-4	

Allow the dish to stand for about 5-10 minutes after cooking.

ENGLISH

Vegetables, Noodles, Rice and Pasta

Austria

Bread dumplings

Semmelknödel *(for 5 servings)*

Total cooking time: approx. 7-10 minutes
Utensils required: bowl with lid (1 litre size)
6 cups or blancmange moulds

Ingredients

2	*tbsp*	*butter or margarine (20 g)*
1		*onion (50 g), finely chopped*
500	*ml*	*milk*
200	*g*	*dried bread cubes (from approx. 5 bread rolls)*
3		*eggs*

Preparation

1. Cut the bread rolls into small cubes and soak in the milk.
2. Divide the fat on the bottom of the bowl and add the chopped onion. Cover and cook.

1-2 min.	⊞	900 W

3. Add the onion to the bread cubes. Beat the eggs, add them and mix well to form a workable paste. If necessary add a little milk.
4. Divide the paste equally into 5 cups or blancmange moulds, cover with microwave foil, arrange on the edge of the turntable and cook.

6-8 min.	⊞	900 W

Allow the dumplings to stand for about 2 minutes after cooking. Turn the dumplings into a plate before serving.

Italy

Oven-baked lasagne

Lasagne al forno

Total cooking time: approx. 17-21 minutes
Utensils required: bowl with lid (2 litres size)
shallow square oven-proof dish (approx. 20 x 20 x 6 cm)

Ingredients

300	*g*	*tinned tomatoes*
50	*g*	*ham, finely diced*
1		*onion (50 g), finely chopped*
1		*garlic clove, crushed*
250	*g*	*beef mince*
2	*tbsp*	*tomato puree*
		salt & pepper
		oregano
		thyme
		basil
150	*ml*	*cream (crème fraiche)*
100	*ml*	*milk*
50	*g*	*grated parmesan cheese*
1	*tsp*	*mixed chopped herbs*
1	*tsp*	*olive oil*
		salt & pepper
		nutmeg
1	*tsp*	*vegetable oil to grease the dish*
125	*g*	*lasagne verde (green sheet pasta)*
1	*tbsp*	*grated parmesan cheese (5 g)*
1	*tbsp*	*butter or margarine*

Preparation

1. Slice the tomatoes, mix with the diced ham and chopped onion, the garlic, the beef mince and the tomato puree. Season, cover and lightly braise.

6-8 min.	⊞	900 W

2. Combine the cream with the milk, parmesan cheese, herbs and oil and season.
3. Grease the oven-proof dish. Lay a third of the pasta on the base of the dish. Cover the pasta with one half of the minced beef and pour on a little of the sauce. Form a layer with the second third of the mince, some sauce and the remainder of the pasta. Finally cover the pasta thoroughly with sauce and top with a sprinkling of parmesan cheese. Dot with flakes of butter and cook on the low rack.

11-13 min.	⊞	450 W + 220° C

Allow the lasagne to stand about 5 to 10 minutes after cooking.

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Vegetables, Noodles, Rice and Pasta

Italy

Tagliatelle with cream and basil

Tagliatelle alla panna e basilico (for 2 servings)

Total cooking time: approx. 17-25 minutes
Utensils required: bowl with lid (2 litres size)
round soufflé dish (dm. app. 20 cm)

Ingredients

1	*l*	*water*
1	*tsp*	*salt*
200	*g*	*tagliatelle (ribbon pasta)*
1		*garlic clove*
15-20		*basil leaves*
200	*g*	*cream (crème fraiche)*
30	*g*	*grated parmesan cheese*
		salt & pepper

Preparation

1. Put the water and salt in the bowl, cover and bring to the boil.

9-11 min.	⊞	900 W

2. Add the pasta, bring once more to the boil and simmer.

1.	1-2 min.	⊞	900 W
2.	6-9 min.	⊞	270 W

3. Meanwhile rub the soufflé dish with the clove of garlic. Cut up the basil leaves. Set some of the basil aside for garnishing.
4. Drain the pasta thoroughly. Stir in the cream and sprinkle the basil on the pasta.
5. Add the parmesan cheese, salt and pepper. Put the mixture into the soufflé dish and give it a stir. Reheat the pasta.

1-3 min.	⊞	900 W

Finally garnish with the remaining basil.

Austria

Cauliflower with cheese sauce

Karfiol mit Käsesauce

Total cooking time: approx. 18-21 minutes
Utensils required: bowl with lid (2 litres size)
bowl with lid (1 litre size)

Ingredients

800	*g*	*cauliflower (1 head)*
1		*cup of water (150 ml)*
125	*ml*	*milk*
125	*ml*	*cream*
75-100	*g*	*cooking cheese*
2-3	*tbsp*	*light sauce binder (20-30 g)*

Preparation

1. Cut through the stalks of the cauliflower. Place the cauliflower upright in one of the bowls. Add water, cover and microwave.

15-17 min.	⊞	900 W

Let the cauliflower stand covered for several minutes and then drain the liquid.

2. Put the milk and the cream in the other bowl. Grate the cheese coarsely and add to the bowl. Cover and microwave.

2-3 min.	⊞	900 W

3. Stir in the sauce binder, cover and reheat.

app. 1 min.	⊞	900 W

Stir the sauce thoroughly and pour over the cauliflower.

Tip:
You can sprinkle the cauliflower with chopped parsley before serving.

France

Dauphine potatoes

Gratin dauphinois

Total cooking time: approx. 28-30 minutes
Utensils required: shallow oval oven-proof dish
(approx. 26 cm long)

Ingredients

1	*tbsp*	*butter or margarine*
500	*g*	*potatoes, peeled and thinly sliced*
		salt & pepper
2		*garlic cloves, crushed*
300	*g*	*cream (crème fraiche)*
150	*ml*	*milk*
50	*g*	*grated cheese (gouda)*

Preparation

1. Divide the butter in the dish. Put in the potato slices in layers. Season each layer with salt, pepper and garlic.
2. Blend the cream and the milk and pour over the potatoes. Sprinkle with cheese and bake on the bottom grill.

28-30 min.	⊞	450 W + 160° C

Allow to stand for 10 minutes after cooking.

ENGLISH

Vegetables, Noodles, Rice and Pasta

Switzerland

Ticino risotto

Tessiner risotto

Total cooking time: approx. 21-26 minutes
Utensils required: bowl with lid (2 litres size)

Ingredients

50	*g*	*streaky bacon*
2	*tbsp*	*butter or margarine (20 g)*
1		*onion (50 g), finely chopped*
200	*g*	*round-grain (Arborio) rice*
400	*ml*	*meat stock*
70	*g*	*Brienz cheese, grated (an alternative is grated Emmental cheese)*
		pinch of saffron
1		*salt & pepper*

Preparation

1. Dice the bacon. Spread the butter on the bottom of the bowl. Put in the chopped onion and the bacon, cover and lightly braise.

2-3 min.	⊞	900 W

2. Add the rice and meat stock, bring to the boil and allow to simmer.

1.	4-6 min.	⊞	900 W
2.	15-17 min.	⊞	270 W

   Leave the rice to stand for about 2 minutes after cooking.
3. Mix in the cheese and the saffron and taste.

Tip:
Suitable accompaniments are braised chanterelles or button mushrooms and a mixed salad.

Switzerland

Kohlrabi in dill sauce

Kohlrabi in Dillsauce *(2 servings)*

Total cooking time: approx. 10-11 minutes
Utensils required: 2 bowls with lids (1 l. size)

Ingredients

400	*g*	*kohlrabi, sliced (approx. 2 heads)*
4-5	*tbsp*	*water*
2	*tbsp*	*butter or margarine (20 g)*
150	*ml*	*cream (crème fraiche)*
		salt, pepper, nutmeg & paprika
		a few drops of lemon juice
1		*bunch of dill, finely chopped*

Preparation

1. Put the kohlrabi with the water in one of the bowls, cover and cook. Stir once during cooking.

9-10 min.	⊞	900 W

   Drain the liquid.
2. Divide the butter in the other bowl, add the cream and heat uncovered. Do not let it boil!

app. 1 min.	⊞	900 W

3. Season the sauce to taste with the salt, spice and lemon juice. Fold in the dill and pour the sauce over the kohlrabi. Leave the kohlrabi to stand for about 2 minutes after cooking.

Tip:
Salsify can be substituted for the kohlrabi.

Cakes, Bread, Desserts and Drinks

Great Britain

Cherry cake

Total cooking time: approx. 26-27 minutes
Utensils required: flan ring (dm. approx. 28 cm)

Ingredients

1	*tsp*	*butter or margarine to grease tin*
200	*g*	*butter*
200	*g*	*sugar*
3		*eggs*
200	*g*	*flour*
1		*level tsp baking powder*
1	*glass*	*morello cherries (350 g)*

Preparation

1. Grease the tin.
2. Soften the butter in a mixing bowl.

1/2-1 min.		630 W

3. Add the sugar and stir it in until it has completely dissolved and no longer sounds crunchy. Gradually stir in the eggs. Mix the flour and baking powder and add it a spoonful at a time.
4. Drain the cherries in a sieve.
5. Spread the cake mix evenly in the flan ring. Arrange the cherries evenly on top. Place the cake on the low rack with saucer in between and bake.

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Germany

Cherry layer cake

Kirschenmichel

Total cooking time: approx. 23-26 min.
Utensils required: deep round oven-proof dish (dm. approx. 20 cm)

Ingredients

4		*stale bread rolls (160 g)*
375	*ml*	*milk*
60	*g*	*butter or margarine*
8	*tbsp*	*sugar (80 g)*
4		*egg yolks*
1	*tbsp*	*flour*
30	*g*	*chopped almonds*
		grated lemon peel
4		*egg whites*
1	*tsp*	*butter or margarine to grease dish*
500	*g*	*stoned sour cherries*
2	*tbsp*	*breadcrumbs*
1	*tbsp*	*butter or margarine*

Preparation

1. Cut the bread into small pieces and soak in the milk.
2. Beat the butter, sugar and egg yolks to a creamy consistency with a hand mixer. Soak and squeeze out the bread rolls. Add them with the flour, almonds, lemon peel and the bread rolls and stir.
3. Beat the egg whites until stiff and fold them in.
4. Grease the dish. Put the bread mixture and the drained cherries alternately in layers in the dish, finishing with the bread mixture.
5. Sprinkle breadcrumbs over the dish and dot with flakes of butter and cook.

23-26 min.		450 W + 200˚ C

Allow the dish to stand for about 5-10 minutes after cooking.

ENGLISH

Cakes, Bread, Desserts and Drinks

Germany

Advocaat gateau
Eierlikör-Torte

Total cooking time: approx. 23-24 minutes
Utensils required: flan ring (dm. approx. 28 cm)

Ingredients

100	*g*	*cooking chocolate*
5		*eggs*
100	*g*	*butter or margarine*
100	*g*	*sugar*
1	*pack.*	*vanilla sugar*
200	*g*	*ground hazel nuts*
1	*pack.*	*baking powder*
1	*tbsp*	*rum*

Topping:

400	*g*	*cream*
2	*tbsp*	*sugar*
1	*pack.*	*cream setting agent*
4-5	*tbsp*	*advocaat*
30	*g*	*chocolate strands*

Preparation

1. Line the baking tin with greaseproof paper.
2. Finely grate the cooking chocolate. Separate the eggs and beat the egg whites until they form stiff peaks.
3. Soften the butter in a mixing bowl.

1 min. 450 W

4. Add the sugar and vanilla sugar to the butter and stir until creamy. Gradually mix in the egg yolks. Stir the chocolate, hazel nuts, baking powder and rum into the mixture. Carefully fold in the beaten white of egg.
5. Spread the mix evenly in the baking tin. Place the tin on the low rack with saucer in between and bake. (The recipe yields approx. 0.8 kg of cake mix.)

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Allow the cake to cool.

6. Beat the cream with the sugar and setting agent until stiff. Carefully fold the advocaat into the cream mixture. Spread the mixture evenly over the cake and finish with a sprinkling of chocolate strands.
7. Allow the gateau to cool before serving.

France

Apple tart with Calvados
Tarte aux pommes avec calvados *About 12-16 portions*

Total cooking time: approx. 29-30 minutes
Utensils required: flan ring (dm. approx. 28 cm)

Ingredients

200	*g*	*flour*
1	*tsp*	*baking powder*
100	*g*	*sugar*
1	*pack.*	*vanilla sugar*
1	*pinch*	*salt*
1		*egg*
3-4	*drop*	*bitter almond oil*
125	*g*	*butter*
1	*tsp*	*butter or margarine to grease tin*
50	*g*	*ground hazel nuts*
600	*g*	*apples (russets x 3-4)*
		cinnamon
2		*eggs*
1	*pinch*	*salt*
4	*tbsp*	*sugar*
1	*pack.*	*vanilla sugar*
4	*tbsp*	*Calvados (apple liqueur)*
1 1/2	*tbsp*	*cornflour*
125	*g*	*double cream*
		icing sugar for dusting

Preparation

1. Mix the flour with the baking powder. Add the sugar, vanilla sugar, salt, the egg, bitter almond oil and butter and knead to a paste with the kneading hook of a hand mixer. Cover the pastry dough and leave in a cool place for about 30 minutes.
2. Line the tin with greaseproof paper. Roll out the pastry dough between two sheets of foil and place it in the tin. Form an edge to the pastry dough approx. 3 cm high.
3. Distribute the hazel nuts over the pastry shell.
4. Peel the apples, cut them in quarters, remove the core and cut them in slices. Arrange the slices to overlap each other on top of the hazel nuts and lightly dust them with cinnamon.
5. Separate the eggs. Beat the egg whites until stiff, gradually trickling in a pinch of salt and 1 tbsp sugar. Stir the egg yolk, the remaining sugar and the vanilla sugar until creamy. Add Calvados, cornflour and double cream and mix them in. Fold in the beaten egg whites and spread the mixture evenly over the apple slices. Place the tart on the low rack with saucer in between and bake.
(The recipe yields approx. 1.3 kg).

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AUTO COOK AC-8

Tip:
Allow the tart to cool in the tin and dust it with icing sugar.

Cakes, Bread, Desserts and Drinks

Austria

Hazelnut cake
Nusskuchen

Total cooking time: approx. 24-28 minutes
Utensils required: square baking tin 30 cm

Ingredients

250	*g*	*butter or margarine*
175	*g*	*sugar*
1	*pack.*	*vanilla sugar*
4		*eggs*
200	*g*	*ground hazel nuts*
1	*tbsp*	*almond liqueur*
250	*g*	*flour*
2		*level tsp baking powder*
100	*g*	*chocolate glaze with a few hazel nuts*
1	*tsp*	*butter or margarine to grease the tin*
		breadcrumbs

Preparation

1. Grease the tin and sprinkle it with breadcrumbs.
2. Put the butter in a mixing bowl to soften.

1 min.		900 W

3. Add the sugar and vanilla sugar to the butter and mix to a creamy consistency. Put in the eggs, stirring well as each one is added. Fold in the ground nuts and the liqueur. Mix the flour and the baking powder together and fold them in. Spread the mixture evenly in the baking tin. Place the cake on the turntable and bake.

21-24 min.		270 W + 180˚ C

4. Allow the cake to cool for about 5 minutes. Put the glaze in a bowl and melt it.

3-4 min.		270 W

5. Coat the cake with the glaze and garnish with hazel nuts.

Holland

Double crust apple tart

Total cooking time: approx. 24-25 minutes
Utensils required: flan ring (dm. approx. 28 cm)

Ingredients

90	*g*	*butter or margarine*
90	*g*	*sugar*
1	*pack.*	*vanilla sugar*
1	*tbsp*	*lemon peel (natural)*
1	*pinch*	*salt*
2		*eggs*
200	*g*	*flour*
1/2	*pack.*	*baking powder*
4-5		*medium-sized apples*
		lemon juice
50	*g*	*sugar*
1	*tsp*	*cinnamon*
50	*g*	*rum raisins*
1		*egg yolk*
1	*tbsp*	*milk*

Preparation

1. Cream the butter for about half a minute in the mixer at the highest setting.
2. Fold in the sugar, vanilla sugar, lemon peel and salt to give a creamy consistency. Fold in the eggs one by one. Combine the flour and the baking powder and fold it in.
3. Line the flan ring with greaseproof paper and fill it with 2/3 of the pastry dough.
4. Peel the apples, cut them in quarters and remove the cores. Cut into thin slices and sprinkle with lemon. Mix in the sugar and cinnamon and leave to stand for about 10 minutes. Add the raisins and cover the pastry dough with the fruit.
5. Combine the remaining pastry dough and 50 g of the flour and roll it out to the size of the flan ring. Lay it on the apple filling and press it down lightly. Prick the pastry top with a fork several times.
6. Beat the egg yolk with the milk and brush the pastry top with it.
   (The recipe yields approx. 1.1 kg).
7. Place the tart on the low rack with saucer in between and cook.

AUTO COOK AC-8	

ENGLISH

Cakes, Bread, Desserts and Drinks

Switzerland

Carrot cake
Möhrentorte

Total cooking time: approx. 25-26 minutes
Utensils required: round baking tin (dm. approx. 28 cm)

Ingredients

5		*egg yolks*
250	*g*	*sugar*
250	*g*	*carrots, finely grated*
		juice of a lemon
250	*g*	*ground almonds*
80	*g*	*flour*
1	*tbsp*	*baking powder*
5		*egg whites*

Preparation

1. Line the tin with greaseproof paper.
2. Cream the egg yolks and sugar with a hand mixer. Add the carrots, lemon juice and almonds. Combine the flour and the baking powder, add it and give it a good stir.
3. Beat the egg white until stiff and carefully fold it in. Put the mixture in the baking tin, place it on the low rack with saucer in between and bake. (The recipe yields approx. 1.1 kg).

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4. Allow to cool in the tin for 5 minutes after baking.

France

Pear tart
Tarte aux poires *about 12-14 servings*

Total cooking time: approx. 19-24 minutes
Utensils required: round baking tin (dm. app. 28 cm)
bowl with lid (2 litres size)
small bowl with lid

Ingredients

150	*g*	*flour*
75	*g*	*butter or margarine*
30	*g*	*icing sugar*
1	*pinch*	*salt*
1		*egg*
1	*tsp*	*butter or margarine*
250	*ml*	*milk*
1	*pinch*	*salt*
2		*egg yolks*
20	*g*	*sugar*
1/2	*pack.*	*vanilla sugar*
1	*tbsp*	*cornflour*
540	*g*	*tinned pears, drained*
120	*g*	*gooseberry jelly*
1	*tbsp*	*candied fruits*
1	*tbsp*	*almond flakes*

Preparation

1. Knead together the flour, butter, icing sugar, salt and egg with a kneading hook in a hand mixer. Cover and leave in a cool place for 30 minutes.
2. Grease the baking tin. Roll out the pastry dough and place it in the tin. Turn up the edges of the pastry and prick it several times with a fork. Bake on the turntable.

1. 10-12 min. 270 W + 200˚ C

2. 5-7 min. 200˚ C

3. Take the pastry case out of the tin and let it cool on a rack.
4. Heat the milk and salt in a covered bowl.

app. 2 min. 900 W

5. Stir the egg yolk with the sugar and vanilla sugar to a light creamy consistency. Mix in the cornflour. Slowly pour in the hot milk. Pour the mixture back into the bowl, cover and microwave. Stir during and after cooking.

1-2 min. 900 W

6. Spread the cream over the pastry case. Arrange the drained pears on top. Put the gooseberry jelly in the small bowl, cover and heat.

app. 1 min. 900 W

7. Drip the hot jelly over the pears and garnish with the candied fruits and almond flakes.

Tip:
Do not fill the pastry case until shortly before serving to avoid it becoming soggy.

Cakes, Bread, Desserts and Drinks

Denmark

Party bread

Total cooking time: 18-20 minutes
Utensils needed: pizza tin (dm. approx. 30 cm)

Ingredients

190	*g*	*wheat flour*
190	*g*	*rye flour*
40	*g*	*yeast*
1/4	*l*	*buttermilk*
125	*g*	*quark*
1 1/2	*tsp*	*salt*
ca. 50	*ml*	*buttermilk*
		poppy, sesame and caraway seeds

Preparation

1. Make a bread dough from the above ingredients. Cover it and let it rise for about 30 minutes.
2. Line the pizza tin with greaseproof paper.
3. Knead the dough and divide it into 2-3 rolls. Cut into 19 similarly sized pieces and shape them into bread rolls. Place one roll at the centre and the others in a circular pattern around it. Brush the rolls with buttermilk and sprinkle over alternately with poppy seeds, sesame seeds and caraway seeds.
4. Let the dough prove for another 30 minutes or so.
5. Preheat the oven to 230° C.
   Place the baking tin on the bottom grill in the oven and bake.
   (The recipe yields approx. 0.8 kg).

18-20 min.		90 W + 230° C

Great Britain

Raisin bread

Total cooking time: approx. 25-29 minutes
Utensils required: rectangular baking tin (approx. 25 x 11 x 8 cm)

Ingredients

15	*g*	*fresh yeast*
1	*tbsp*	*sugar*
275	*ml*	*lukewarm water*
450	*g*	*wheat flour*
1	*tsp*	*salt*
25	*g*	*margarine or butter*
100	*g*	*raisins*
200	*ml*	*water*
2	*tbsp*	*rum (or a few drops of rum essence)*
1	*tsp*	*butter to grease the baking tin*

For coating

1		*egg yolk*
1	*tbsp*	*water*

Preparation

1. Dissolve the yeast in the lukewarm water.
2. Mix the flour and salt in a large bowl. Make a depression in the centre and pour in the yeast mixture. Stir in a little flour. Dot the flour around the edges with flakes of butter. Work all the ingredients into a smooth dough.
3. Cover the bowl with a tea-towel and leave to rise in a warm place for 30 minutes.
4. Meanwhile wash the raisins and soak them for 5-10 minutes in water and dry them thoroughly. Stir the rum into the raisins and let it permeate them. Thoroughly knead the dough once more, working the raisins into it.
5. Put the bread dough in the greased baking tin, cover it and let it prove in a warm spot for 15 minutes.
6. Combine the egg yolk and the water. Make a single cut lengthways in the top of the raisin bread and brush with the egg yolk mixture.
7. Place the tin on the turntable and cook.

1.	21-23 min.		90 W + 200° C
2.	4-6 min.		200° C

ENGLISH

Cakes, Bread, Desserts and Drinks

Germany

Multigrain bread
Dreikornbrot

Total cooking time: 25-26 minutes
Utensils required: pizza tin (dm. approx. 30 cm)

Ingredients

100	*g*	*rye flour*
550	*g*	*wheat flour*
100	*g*	*linseed*
100	*g*	*sesame seeds*
60	*g*	*fresh yeast*
1/2	*l*	*water*
1	*tbsp*	*salt*

Preparation

1. Make bread dough from the ingredients and let it rise for approx. 30 minutes.
2. Lightly grease the pizza tin and dust with a little flour.
3. Thoroughly knead the dough once more and form it into an elongated shape. Place it on the pizza tin, cover it and let it prove for approx. 30-40 minutes. Preheat the oven to 230° C.
4. Brush the bread with a little water and prick it several times with a fork.
5. Place the bread on the low rack in the preheated oven.

25-28 min.	𝌆	90 W + 230° C

Allow the bread to cool before slicing.

Denmark

Fruit jelly with vanilla sauce
Rødgrød med vanille sous

Total cooking time: approx. 8-12 minutes
Utensils required: bowl with lid (2 litres size)

Ingredients

150	*g*	*redcurrants, washed and sorted*
150	*g*	*strawberries, washed and sorted*
150	*g*	*raspberries, washed and sorted*
250	*ml*	*white wine*
100	*g*	*sugar*
50	*ml*	*lemon juice*
8		*sheets of gelatine*
300	*ml*	*milk*
		pith of half a vanilla pod
30	*g*	*sugar*
15	*g*	*cornflour*

Preparation

1. Retain some of the fruit for garnishing. Puree the remaining berries with the white wine. Put the mixture in the bowl, cover and heat.

5-7 min.	𝌆	900 W

   Fold in the sugar and lemon juice.
2. Soak the gelatine sheets in cold water for approx. 10 minutes, then take them out and squeeze them dry. Stir the gelatine into the hot fruit puree until it dissolves. Put the jelly in the refrigerator to set.
3. For the vanilla sauce pour the milk into a bowl. Slit open the vanilla pod and scrape out the pith.. Stir the vanilla pith, the sugar and the cornflour into the milk, cover and microwave. Stir it again once during and after cooking.

3-5 min.	𝌆	900 W

4. Turn the jelly out on to a plate and garnish with the whole fruits. Serve with the vanilla sauce.

Tip:
An excellent accompaniment to the fruit jelly is chilled cream or yoghurt.

Cakes, Bread, Desserts and Drinks

Germany

Semolina pudding with raspberry sauce

Griessflammeri mit Himbeersauce

Total cooking time: approx. 15-20 minutes
Utensils required: bowl with lid (2 litres size)

Ingredients

500	*ml*	*milk*
40	*g*	*sugar*
15	*g*	*chopped almonds*
50	*g*	*semolina*
1		*egg yolk*
1	*tbsp*	*water*
1		*egg white*
250	*g*	*raspberries*
50	*ml*	*water*
40	*g*	*sugar*

Preparation

1. Put the milk, sugar and almonds into the bowl, cover and heat.

3-5 min.	⊞	900 W

2. Add the semolina and stir. Cover and microwave. Stir once during cooking.

10-12 min.	⊞	270 W

3. Mix the egg yolk with the water in a cup and fold into the hot semolina. Beat the egg white until stiff and lightly fold it in. Transfer the pudding to small bowls.
4. For the sauce wash the raspberries, dry carefully and put into a bowl with water and sugar. Cover and heat.

2-3 min.	⊞	900 W

5. Puree the raspberries and serve either hot or cold with the semolina pudding.

Sweden

Pistachio rice with strawberries

Pistaschris med zordgubbe

Total cooking time: approx. 23-30 minutes
Utensils required: bowl with lid (2 litres size)

Ingredients

125	*g*	*long grain rice*
150	*ml*	*milk*
175	*ml*	*water*
1		*vanilla pod*
1		*salt*
50	*g*	*sugar*
250	*g*	*strawberries*
40	*g*	*sugar*
40	*ml*	*Cointreau (orange liqueur, 40 vol - %)*
200	*ml*	*cream*
1		*egg white*
50	*g*	*pistachio*

Preparation

1. Put the rice and the liquid in the bowl. Slit open the vanilla pod and add it to the rice with the salt and sugar. Cover and microwave. Stir once during cooking.

1.	3-5 min.	⊞	900 W
2.	20-25 min.	⊞	270 W

Leave the rice to stand for 5 minutes after cooking.

2. Cut the strawberries in half and mix with sugar and the orange liqueur.
3. Remove the vanilla pod from the rice and cool the rice by stirring it in a bain-marie. Beat the cream and the egg white separately until stiff. Fold first the pistachios, then the cream and finally the egg white into the cold rice.
4. Put the rice in a large bowl, make a depression in the rice and fill it with strawberries.

ENGLISH

Cakes, Bread, Desserts and Drinks

France

Pears in chocolate sauce
Poires au chocolat

Total cooking time: approx. 8-14 minutes
Utensils required: bowl with lid (2 litres size)
bowl with lid (1 litre size)

Ingredients

4		*pears (500 g)*
60	*g*	*sugar*
1	*pack.*	*vanilla sugar (10 g)*
1	*tbsp*	*pear liqueur, 30 vol - %*
150	*ml*	*water*
130	*g*	*plain chocolate*
100	*g*	*cream (crème fraiche)*

Preparation

1. Peel the pears whole.
2. Put the sugar, the vanilla sugar, the liqueur and the water in the larger bowl and stir. Cover and heat.

1-2 min.	⊞	900 W

3. Lay the pears in the liquid, cover and microwave.

6-10 min.	⊞	900 W

Remove the pears from the liquor and leave to cool.

4. Put 50 ml of the pear liquor in the smaller bowl. Add the grated chocolate and the cream and stir. Cover and heat.

1-2 min.	⊞	900 W

5. Give the sauce a good stir. Pour it over the pears and serve.

Tip:
Can be served with a scoop of vanilla ice-cream.

Germany

Hot lemon
Heisse Zitrone *1 serving*

Total cooking time: approx. 1 minute
Utensils required: tea glass (150 ml size)

Ingredients

100	*ml*	*water*
		juice of a lemon
2-3	*tsp*	*sugar*

Preparation

1. Pour the water and the lemon juice in a cup and heat.

1 min.	⊞	900 W

Stir in sugar to taste.

Netherlands

Fiery potion
Vuurdrank *10 servings*

Total cooking time: approx. 8-10 minutes
Utensils required: bowl with lid (2 litres size)

Ingredients

500	*ml*	*white wine*
500	*ml*	*dry red wine*
500	*ml*	*rum, 54 vol - %*
1		*fresh orange*
3		*sticks of cinnamon*
75	*g*	*sugar*
10	*tsp*	*rock candy*

Preparation

1. Pour the alcohol into the bowl. Thinly peel the orange and add the orange peel to the alcohol with the cinnamon and the sugar. Cover and heat.

8-10 min.	⊞	900 W

2. Remove the orange peel and the cinnamon. Put a teaspoonful of rock candy into each grog glass, add some of the fiery potion and serve.

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SPECIFICATIONS

AC Line Voltage		: 230 V, 50 Hz, single phase
Distribution line fuse/circuit breaker		: Minimum 16 A
AC Power required:	Microwave	: 1,45 kW
	Top Grill	: 1,25 kW
	Bottom Grill	: 0,65 kW
	Top Grill/Microwave	: 2,65 kW
	Bottom Grill/Microwave	: 2,05 kW
	Top and Bottom Grill	: 1,85 kW
	Triple	: 3,40 kW
	Convection	: 1,86 kW
	Convection/Microwave	: 2,06 kW
Output power:	Microwave	: 900 W (IEC 60705)
	Top Grill	: 1,2 kW
	Bottom Grill	: 0,6 kW
	Convection	: 1,8 kW
Microwave Frequency		: 2450 MHz * (Group 2/Class B)
Outside Dimensions		: 596 mm (W) x 390 mm (H) x 487 mm (D)
Cavity Dimensions		: 353 mm (W) x 207 mm (H) x 357 mm (D) **
Oven Capacity		: 26 litres **
Turntable		: ø325 mm, metal
Weight		: approx. 22 kg
Oven lamp		: 25 W/240 - 250 V

* This Product fulfils the requirement of the European standard EN55011.
In conformity with this standard, this product is classified as group 2 class B equipment.
Group 2 means that the equipment intentionally generates radio-frequency energy in the form of electromagnetic radiation for heating treatment of food.
Class B equipment means that the equipment is suitable to be used in domestic establishments.

** Internal capacity is calculated by measuring maximum width, depth and height.
Actual capacity for holding food is less.

CE

This equipment complies with the requirements of directives 89/336/EEC and 73/23/EEC as amended by 93/68/EEC.

As part of a policy of continuous improvement, we reserve the right to alter design and specifications without notice.

ENGLISH

SHARP

SHARP ELECTRONICS (EUROPE) GMBH.
Sonninstrasse 3
20097 Hamburg
Germany

SHARP MANUFACTURING

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